

## TICK-BORN DISEASE

*Ticks are natural hosts for Rocky Mountain Spotted Fever.*

- RMSF is somewhat difficult to diagnose, and in some cases it can be fatal. However, if it is detected early it can be easily treated with antibiotics.
- Initial symptoms include fever, nausea and vomiting, severe headache, muscle pain and a lack of appetite.
- A rash may appear on the palms of the hand or the soles of the feet 2-5 days after the onset of a fever.
- Later symptoms also include abdominal and joint pain, and may also include prolonged diarrhea.
- Children may develop a rash more quickly.
- The rash may appear as small, flat, non-itching spots on the wrists, forearms and ankles. The more characteristic red-spotted rash on the palms of the hands and soles of the feet appear six days after the onset of symptoms.

### Lyme Disease

- Lyme disease is usually passed to humans through the bite of a blacklegged tick.
- Most cases can be cured by antibiotics.
- The first symptom is usually a red, circular rash at the site of the bite. Other symptoms include, fever, headache, fatigue, muscle and joint pain, and a rash.
- If left untreated it can also affect the heart and nervous system.
- Long-term problems can also include affects on concentration and memory.

Also available in the personal and family preparedness series are:

#### Booklet:

A Guide to Preparedness

#### Pamphlet:

A Personal and Family Preparedness Plan

#### Brochures:

Preparing for a Winter Storm

Preparing for a Fire

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Preparing for a Thunder Storm, Lightning or Tornado

Preparing a First Aid and Supply Kit

Influenza and You

Bird Flu: What You Should Know

Preparing for Summer's Bugs and Insects

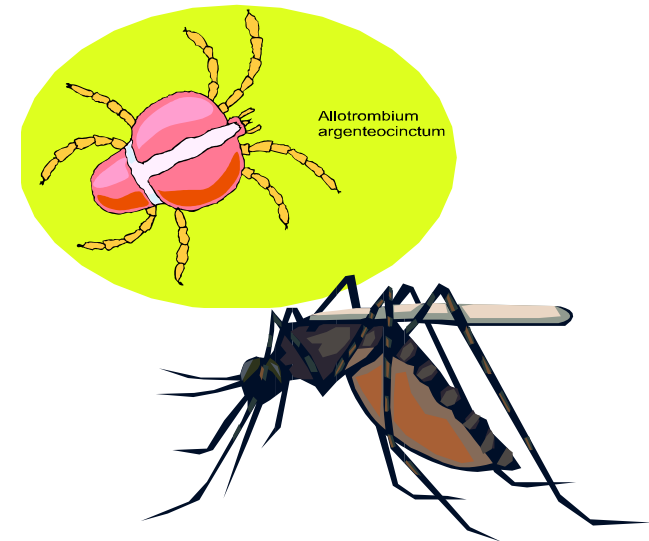
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This brochure is a publication of the  
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# Preparing for Summer's Bugs and Insects



*Courtesy of the*



## TICKS

- Ticks are parasites and prefer to live off of human or animal hosts.
- They are not insects, but are closely related to spiders, mites and scorpions.
- Spring and early summer are the peak times for ticks, but they live year-round.
- You are most likely to come into contact with ticks if you are in the grass or woods.
- If you or your child has been in the woods or grass, daily checks may be needed.

## TICK REMOVAL

- Using fine tipped tweezers, grasp the tick at the head, as close to your skin as possible.
- Do not twist the tick.
- Do not squeeze the body of the tick.
- Pull straight up in a smooth, quick motion.
- Seal the living tick in a baggie, along with a wet paper towel.
- Bring the tick to the Ross County Health District's Environmental Health Office for testing.
- After the tick is removed, thoroughly disinfect the area where the tick was attached. Use antibacterial soap and warm water. Be sure to wash your hands also.
- Folk remedies can be dangerous: Never use fire, heat or chemicals in an effort to remove an attached tick. All this will do is cause it to release saliva or cause it to regurgitate, increasing the risk of infection.

## TIPS FOR AVOIDING TICKS

*If you are going to be in the woods or the yard, there are some things you can do to reduce the risk of a tick getting on you.*

- Wear light-colored clothing, so you can see if a tick is on you.
- Tuck your pants legs into your socks, so ticks can't crawl up them to your skin.
- Use repellants: Those containing permethrin can be sprayed on shoes and clothing and will repel ticks for a couple of days.
- Repellants containing DEET can be applied to the skin, but use caution, especially when applying it on children.
- When you come in from out-of-doors, check your head and body immediately.
- Check your children when they come inside, or as often as every week.
- Pets who travel in and out of the home should be checked regularly.

### **Reducing ticks around the home**

- Keep your lawn mowed and clear from debris, such as leaves and brush.
- If possible, make children's play areas vegetation-free.
- You may want to use a chemical control agent. If you choose to do so, make sure to follow the directions and note any advisories dealing with children and pets.
- Rodents attract ticks: keep your property clear of mice, rats, etc.
- Some ticks need moisture to survive: if your home borders a wooded or brushy area, lay a barrier of wood chips or gravel along the border with your lawn.

## MOSQUITOES

### **Reducing/Avoiding Mosquitoes**

- Keep your property clear of items that will hold water (cans, tires, etc.). Mosquitoes lay their eggs in "standing" water.
- Keep rain gutters clear and change the water in bird baths each three days.
- If not in use, keep pools and hot tubs drained, and their covers drained.
- Make sure the screens in windows and doors fit well and are not torn.
- Keep grass mowed and weeds cut.
- Dusk and dawn are peak times for mosquito activity: stay indoors if possible.
- Wear long pants and shirt sleeves.
- Remind your neighbors to do the same.
- Use a repellent if outdoors. Those containing DEET, picaridin and oil of lemon eucalyptus are approved by the FDA. However, be sure to follow directions.

## MOSQUITO-BORN DISEASE

*Mosquitoes carry numerous diseases:*  
(for more info visit: [www.rosscountyhealth.com](http://www.rosscountyhealth.com))

- Although not common in the US, Dengue fever, malaria and yellow fever are all mosquito-born diseases.
- West Nile Virus is more common and can lead to encephalitis or meningitis.
- Symptoms include: mild fever, headache and muscle aches. In extreme cases it can cause confusion, tremors, convulsions and even death.