WHAT ARE TICKS?
Ticks are small, spider-like creatures that feed by attaching to animals and sucking blood.

COMMON HUMAN-BITING TICKS IN CALIFORNIA
- Western black-legged tick
- Pacific coast tick
- American dog tick

WHERE ARE TICKS FOUND IN CALIFORNIA?
Ticks are found in natural areas that have grasses, shrubs, or leaf litter under trees.

WHERE ARE TICKS FOUND IN CALIFORNIA?
- Uphill side of trails
- Mixed hardwood forests
- Leaf litter
- On logs and fallen branches

PERSONAL PROTECTIVE MEASURES
- Avoid tick-infested areas
- Wear light-colored clothing
- Wear a hat, long sleeved shirt, and long pants
- Tuck shirt into pants, pants into boots or socks
- Use effective tick repellents
- Check yourself, children (especially at hair line), and pets regularly while in tick habitat
- Conduct daily full body check (hair line, armpit, back of knees, groin) at home, up to 3 days after returning from tick habitat
- Remove attached ticks promptly and properly

TICK REPELLENTS
- Apply DEET repellent (Cutter®, OFF®, Repel®, Skintastic®, etc.) to skin that is not covered by clothing
- Treat clothing with permethrin repellent (Permanone®, Duranon®, etc.) as directed on label

HOW DO I PROTECT MYSELF AGAINST TICK BITE?

TICK REMOVAL TECHNIQUE
- Use tweezers to grab the tick close to your skin
- Pull the tick firmly, straight out, away from the skin (do not jerk, twist, or burn the tick)
- Wash your hands and the bite site with soap and water after the tick is removed and apply an antiseptic to the bite site
- The sooner a tick is removed, the less likely it is for a person to become infected.

WHAT DO I DO IF I’VE BEEN BITTEN BY A TICK?
- Promptly remove tick
- If you develop any symptoms 1-30 days after bite, consult with your physician
- Let your physician know that you were bitten by a tick

PREVENTION OF TICK BITES IS KEY TO PREVENTION OF DISEASE

California Department of Health Services
Vector-Borne Disease Section

WHY ARE TICKS IMPORTANT?
- Lyme disease
- Ehrlichiosis
- Anaplasmosis
- Babesiosis
- Rocky Mountain spotted fever
- Tularemia
- Tick paralysis

LYME DISEASE IS THE MOST COMMON TICK-BORNE DISEASE IN CALIFORNIA
- Ixodes pacificus ticks get the Lyme disease bacteria from infected rodents. Humans get Lyme disease from the bite of an infected Ixodes pacificus tick.

SIGNS AND SYMPTOMS OF LYME DISEASE
- Erythema migrans
  - Expanding rash 1-30 days following tick bite
  - Rarely itching or painful
  - May be confused with allergic reaction to tick bite
- Allergic reactions occur 1-24 hours after bite and do not spread

For more information, contact the Vector-Borne Disease Section: 916-552-9730 http://www.dhs.ca.gov/ps/dcdc/dish/disbindex.htm