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

TICKS ARE SMALL!

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

COMMON HUMAN-BITING TICKS IN CALIFORNIA
- Western black-legged tick (Ixodes pacificus)
- Pacific coast tick (Dermacentor occidentalis)
- American dog tick (Dermacentor variabilis)

TICK-BORNE DISEASES AND TICK BITE PREVENTION

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

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

HOW DO I PROTECT MYSELF AGAINST TICK BITES?

TICK REPELLENTS
- Apply DEET repellent (Cutter's, OFF!, Repel®, SkinHealth®, etc...) to skin that is not covered by clothing
- Treat clothing with permethrin repellent (Permethrin®, Durane®, etc...) as directed on label

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

WHAT CAN TRANSMIT DISEASE