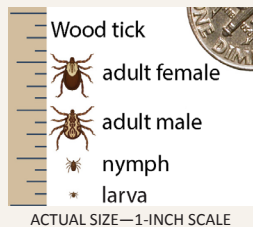


# FIGHT THE BITE



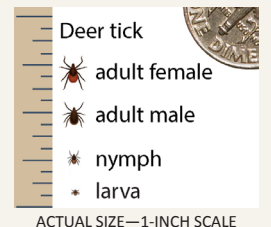
## WOOD TICK *Dermacentor variabilis*

- Unlikely to transmit Lyme disease
- Twice as large as a deer tick
- Dark body with white markings near head (female) or dark body with white markings covering back (male)
- Found most commonly in grassy and shrubby areas
- Actual wood tick sizes shown at right:
- Also referred to as American dog tick
- Can transmit bacterial infections, such as Rocky Mountain spotted fever and tularemia



## DEER TICK *Ixodes scapularis*

- Can transmit Lyme disease
- Very small in size
- Brownish-orange with black spot near head (female) or all black with thin brown border on rear edge (male)
- Found most commonly in wooded areas & leaf litter
- Actual deer tick sizes shown at right:
- Also referred to as black-legged tick
- Can transmit other pathogens, such as *Babesia* and *Anaplasma*



### Before you go outdoors:

- Choose light-colored, long-sleeve clothing
- Tuck long pants into socks
- Apply insect repellent with DEET to your clothing (avoid your skin)
- Products with permethrin can kill ticks; used to treat boots, clothing and gear for extended protection

### During outdoor activities:

- Know where to expect ticks; most commonly found in wooded areas and tall grasses
- Stay in center of trails when hiking; ticks wait on vegetation and grasp onto anything that passes
- Keep lawns and grass around play equipment trimmed short

### After you come indoors:

- Check your clothing & pets thoroughly
- Remove ticks found on your clothing or pets and dispose of them
- Place clothing in a dryer on high heat for one hour to kill ticks and prevent them from dropping off in your home to search for a host
- Check your body thoroughly for ticks
- Shower soon after coming inside; this provides the best view (also helps prevent poison ivy reactions)

### If you find a tick embedded in your skin:

Follow suggestions above to find ticks on your body before they bite. If a tick is overlooked and is later found embedded in your body:

- Remove it immediately using small tweezers
- Grasp the mouth parts, as close to your skin as possible
- Pull it straight out slowly and avoid squeezing its body
- Wash the wound site and your hands thoroughly
- Visit a physician if unexplained rash or illness accompanied by fever develops

Photo of male wood tick (above, left) ©Joe Lewis

Find out more online at [www.LCFPD.org/TICKINFO](http://www.LCFPD.org/TICKINFO)

Lake County Forest Preserves  
847-367-6640 [www.LCFPD.org](http://www.LCFPD.org)

