

SURVEILLANCE FOR TICK-BORNE DISEASE IN SAN MATEO COUNTY

The District laboratory conducts tick-borne disease surveillance at a selection of local parks each year. Ticks are collected by dragging a square of white fabric through the grass, leaf litter, and brush alongside trails. Ticks grab on to the fabric in hopes that it is part of a host that they can feed on, and laboratory staff use forceps to collect them.

Ticks collected during surveillance are identified by species and tested for common tick-borne pathogens like *Borrelia burgdorferi*, which causes Lyme disease. This helps the laboratory learn more about the risk of tick-borne illness in our county.

District services are free to residents of San Mateo County. To request services:

**Call (650) 344-8592
or visit www.smcmvcd.org**

San Mateo County Mosquito & Vector Control District

Protecting Public Health since 1916

The San Mateo County Mosquito and Vector Control District is an independent special district devoted to safeguarding the health and comfort of the citizens of San Mateo County through a planned program to reduce mosquitoes and other vectors of disease.

OUR SERVICES

for San Mateo County Residents

Mosquito Surveillance & Control

Mosquito Fish Delivery

Tick Identification & Education

Insect Identification & Education

Rodent Inspections & Surveys

Yellowjacket Control

Public Education

Vector-Borne Disease Surveillance



SAN MATEO COUNTY
MOSQUITO & VECTOR
CONTROL DISTRICT

(650) 344 - 8592
1351 Rollins Road
Burlingame, CA 94010

Monday-Friday
8a.m. to 4:30p.m.
www.smcmvcd.org

DON'T LET A TICK MAKE YOU SICK

SAN MATEO COUNTY MOSQUITO
AND VECTOR CONTROL DISTRICT



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PREVENT TICK BITES

DRESS DEFENSIVELY

Wear long sleeves and pants, and tuck clothing in (pants into socks, and shirt into pants) so that ticks can't reach your skin. Choose light colors so that you can see and flick away any ticks on your clothing.

USE REPELLENT

Look for EPA-registered products containing at least 20% DEET, Picaridin, or IR-3535. Always apply repellent according to the label directions. You may also use permethrin-treated clothing to repel ticks.

STAY ON THE TRAIL

Ticks can't jump or fly. Instead, they wait on vegetation until a person or animal brushes against them. You can avoid them by staying in the middle of the trail and avoiding contact with brush, grass, and leaf litter. Don't sit on the ground or on logs, or lean against trees.

CHECK FOR TICKS

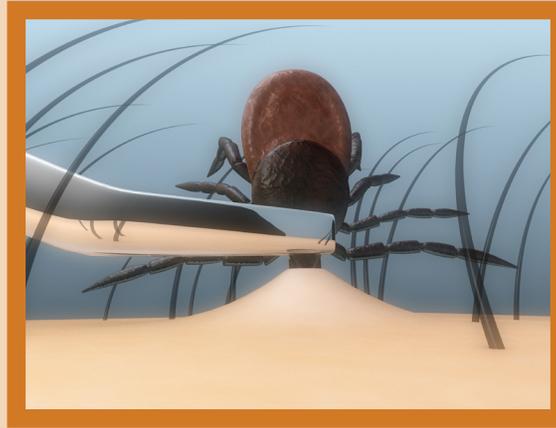
After outdoor activities in areas where there may be ticks, check yourself, your children, and your outdoor gear carefully for ticks. Remember to check areas that cannot be easily seen, such as inside and around ears, on the scalp, and under arms. Showering soon after being outdoors can help rinse away unattached ticks, and will allow you to check all areas of your body.

PROTECT YOUR PET

Pets can get ticks, too. Don't let your pet roam off-leash in tick habitat, and check your pet for ticks after time spent outdoors. If your pet spends time outdoors often, talk to your veterinarian about a tick preventative.

REMOVE TICKS THE RIGHT WAY

Even if you are bitten by an infected tick, removing it promptly can reduce your chances of becoming infected with a tick-borne disease. To remove an attached tick:



1. Use tweezers or a tissue (not bare hands) to grasp the tick as close to the surface of the skin as possible. If ticks are crushed with bare fingertips, exposure to the tick body fluids may lead to disease transmission.
2. Pull away from the skin using steady, even pressure. Don't jerk or twist the tick. Never try to burn or smother a tick.
3. After removal, wash the bite area and your hands with soap and water, or use an alcohol wipe.
4. Consult a health professional if you are unable to completely remove a tick, or if you develop a rash or fever after being bitten by a tick.

The District does NOT test resident-submitted ticks for disease, but we can identify ticks and provide information on tick-borne disease risk in San Mateo County. Just bring the tick to the District office anytime we're open.

WHAT'S THE RISK?

Lyme disease is the most common tick-borne disease in California, with 141 confirmed human cases in 2016. It is caused by the bacteria *Borrelia burgdorferi*, and transmitted to humans through the bite of an infected western blacklegged tick or deer tick.

Results from the District's 2016/2017 tick-borne disease surveillance program indicate that up to 3% of ticks collected in San Mateo County are infected with pathogens capable of causing illness in humans.

Other tick-borne diseases are found in California, but are less common:

- Anaplasmosis
- Babesiosis
- *Borrelia miyamotoi*
- Ehrlichiosis
- Rickettsia
- Rocky mountain spotted fever
- Tick-borne relapsing fever
- Tick paralysis
- Tularemia

The same precautions recommended to reduce the risk of Lyme disease will also reduce the risk of other tick-borne diseases. If you experience symptoms after being bitten by a tick or after spending time outdoors in areas where ticks are common, you should be evaluated by a medical professional.

An itchy, painful redness around the site of a tick bite that occurs within 24 hours is likely to be an allergic reaction rather than an indication of tick-borne disease.