TICKS AND PROTECTION AGAINST TICK BITES

COMMON HUMAN-BITING TICKS IN CALIFORNIA

- Western black-legged tick (Ixodes pacificus)
- Pacific coast tick (Dermacentor occidentalis)
- American dog tick (Dermacentor variabilis)

SOME TICKS CAN TRANSMIT DISEASE

- Lyme disease
- Ehrlichiosis
- Anaplasmosis
- Babesiosis
- Rocky Mountain spotted fever
- Tularemia
- Tick Paralysis

PERSONAL PROTECTIVE MEASURES

- Avoid tick-infested areas
- Wear light-colored clothes
- Wear a hat, long-sleeved shirt, and long pants
- Tuck shirt into pants, pants into boots or socks
- Remove attached ticks promptly and properly

LOOK FOR THE TICKS!

- Check each other often while in tick habitat
- Inspect children carefully, particularly at the hair line
- Conduct daily full body check (hair line, armpit, back of knees, groin) at home, up to 3 days after returning from tick habitat
- Check pets, use tick repellents on them

TICK REPELLENTS

- Apply DEET repellent (Cutter®, Off®, Repel®, Skintastic®, etc.) to skin not covered by clothing
- Treat clothing with permethrin repellent (Permonone®, Duranon®, etc.) as directed on label.

IF YOU GET BITTEN BY A TICK

- Remove all ticks promptly!
- If you develop a spreading rash or flu-like 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

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