

Prevent tick bites!

Avoid tick habitat: Ticks wait on vegetation (tall grass, bushes and tree branches) with their front legs out, ready to grab onto a host. To avoid them, walk in the center of trails and try not to brush against vegetation.

Dress to suppress: Ticks latch onto feet/legs and crawl up until they find exposed skin. Make it harder for them to find skin and easier for you to spot them first: wear light-colored long pants, closed-toe shoes, and tuck pants into socks.

Safely use repellents: Apply EPA recommended repellents on skin, such as picaridin, synthetic oil of lemon eucalyptus, or at least 20% DEET. Repellents should be applied AFTER sunscreen.

Treat clothes and shoes: Spray pants, socks and shoes with permethrin (follow label instructions) to kill ticks on contact. Treatments last for several washes.

No hitchhikers allowed: After being outdoors, place dry clothes in the dryer for 10 minutes on high heat to kill ticks. If clothes are wet/washed first, 1 hour on high heat is needed. Pets can also bring ticks into the home, so use monthly preventatives recommended by your veterinarian.

Check for ticks: Shower as soon as possible when coming indoors. Carefully feel and inspect the body for new dark spots and bumps. Don't forget to check hair, ears, armpits, and groin.

Remove ticks promptly: Grasp the tick with a fine-tipped (pointy) tweezers as close to the skin as possible. Pull upwards with a slow, steady force. Clean the bite area with antiseptic. Ticks can be sealed in a ziploc bag and retained for later identification.

Watch for symptoms

Tickborne diseases often have general, flu-like symptoms, including:

Fever Headache Muscle aches Rash
Tiredness Stiff neck Joint pain

See a doctor if you feel sick after a tick bite!



Contact Us!

Office of Mosquito Control
Tick-borne Diseases Program
732-542-3630
ticks@co.monmouth.nj.us
visitmonmouth.com/mosquito



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Protect Your Family



Ticks, Disease &
Prevention



Office of Mosquito Control

Tick-borne Diseases Program

A program of the Monmouth County
Board of County Commissioners

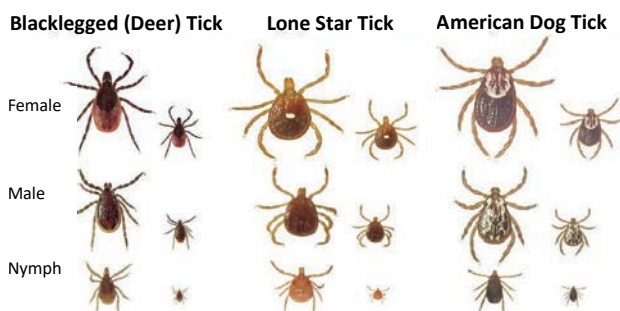
Tick biology: the basics

Ticks are small arachnids, related to spiders. They have three life stages: **larva**, **nymph**, and **adult**. Each life stage must feed on blood in order to grow into the next stage. After attaching to a host they feed slowly, over several days, then fall off. While feeding some of their saliva mixes with the host's blood, and if their saliva contains disease organisms (from a previous meal) then the host can become infected.

Larvae (who have not yet fed) cannot transmit disease. While adults are more likely to be infected, most disease cases actually come from nymphs because they are harder to find and remove.

Meet the culprits

In our area three tick species are responsible for transmitting disease to humans.



Note ticks can be TINY! In the image above, ticks to the left are enlarged to show detail. Ticks to the right represent actual size.

Monmouth County offers **FREE tick identification** to county residents.

[Learn more:](#)



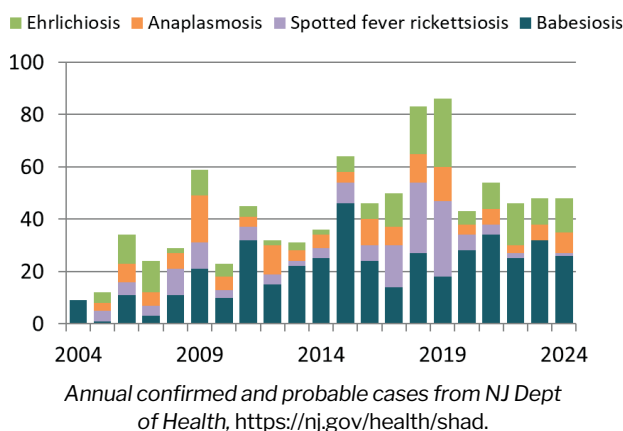
Ailments caused by ticks

Several tick-borne illnesses are known to occur in Monmouth County, and while Lyme disease is by far the most common, the others are increasing.

- **Lyme disease:** a bacterial disease transmitted by Blacklegged ticks.
- **Babesiosis:** a protozoan disease related to malaria and transmitted by Blacklegged ticks.
- **Anaplasmosis:** a bacterial disease transmitted by Blacklegged ticks.
- **Spotted fever rickettsiosis:** a bacterial disease, associated with several tick species.
- **Ehrlichiosis:** a bacterial disease transmitted by Lone star ticks.
- **Tickborne relapsing fever:** a bacterial disease transmitted by Blacklegged ticks.
- **Powassan, Heartland and Bourbon** viruses have been detected in ticks but are extremely rare.
- **Alpha gal syndrome:** in some cases, a tick bite – most often from the Lone star tick – can trigger an allergy to food products like red meat.

In most cases ticks must be attached for at least 24 hours to transmit a disease agent. Prompt removal of ticks greatly reduces the probability of disease.

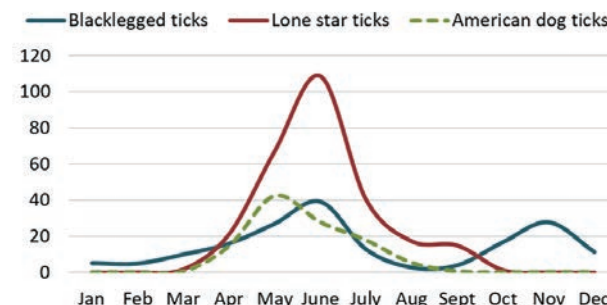
Increase in Tick-borne Diseases Other Than Lyme in Monmouth County, 2004-2024



Annual confirmed and probable cases from NJ Dept of Health, <https://nj.gov/health/shad>.

When is “tick season”?

Average yearly submissions to Monmouth County's tick identification program, 2001-2025.



While risk of ticks is greatest May-July, they can actually be encountered any day temperatures rise above 45°F, even for a short time.

Tick-proof your yard

Ticks need **moisture** and **hosts**. If you limit these, ticks will have a harder time surviving in your yard.

- **Let the sun shine:** Ticks thrive in moist, shady soil- forests, overgrown shrubs, tall grass. Mowing grass and trimming shrubs make the soil drier and sunnier, and less likely ticks will survive.
- **Sorry, Bambi:** Take steps to reduce deer, such as planting deer-resistant plants and installing a tall (8ft) fence. Limit mice and rodents by removing wood piles and bird feeders (or keep them far from where your family plays).

If you hire a company to spray for ticks, ensure they are knowledgeable with a good reputation. Companies are required to provide you with safety information about the products used.

There are currently no spray products that only kill ticks– anything that successfully kills ticks (even if naturally derived) will also be toxic to other arthropods and insects, like pollinators.