



Prevent the next tick bite

- **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 as recommended by your veterinarian.
- **Check for ticks and remove them promptly!** 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.

For more information about tick-borne disease visit:



[NJ Department of Health](#)



[Centers for Disease Control & Prevention](#)



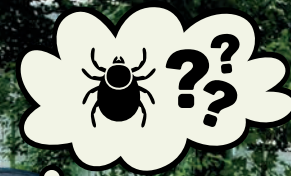
Contact Us!

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



Monmouth County Board of County Commissioners

Thomas A. Arnone, Director
Dominick "Nick" DiRocco, Deputy Director
Susan M. Kiley, Liaison
Ross F. Licitra
Erik Anderson



Tick bite? Don't panic!

- ✓ Remove it.
- ✓ Identify it.



Office of Mosquito Control
FREE Tick Identification

A service of the Monmouth County
Board of County Commissioners

Remove promptly!

Ticks should be removed as soon as possible to prevent disease transmission. It can be done quickly and safely at home!

1. Grasp tick with pointy tweezers as close to the skin as possible.
2. Pull straight up with a slow, steady force. Try to avoid crushing the tick. If mouthparts remain, they are no more dangerous than a splinter.
3. Clean area of tick attachment with an antiseptic.
4. Removed ticks can be sealed in a ziploc bag for later identification or testing. **DO NOT** place ticks in tape as this makes identification and testing more difficult.

Am I at risk for disease?

Blacklegged (Deer) Tick

Lone Star Tick

American Dog Tick



Ticks to the left enlarged to show detail. Ticks to the right represent actual size.

All three of the most common ticks found in New Jersey (above) can transmit disease to humans and pets. Common tick-borne diseases in NJ are Lyme disease, ehrlichiosis, anaplasmosis, spotted fever rickettsiosis (formerly called Rocky Mountain spotted fever) and babesiosis.

Early signs and symptoms may include fever, headache, muscle aches, joint pain, skin rash, tiredness, and a stiff neck. **See your health care provider if you develop any of these symptoms after a tick bite.** Remember, ticks are active even in colder months!

Tick ID Service - FAQ



Who can use this service?: Monmouth County residents and employees of Monmouth County are eligible. Ticks must be submitted in person at the Office of Mosquito Control, 1901 Wayside Rd., Tinton Falls NJ 07724. The office is open for tick submissions from 8:30 AM to 4:00 PM.



What will it cost?: Nothing! Tick ID reports are completely free.



What will be on my Tick ID report?: Your report includes the following information to aid you and your doctor in making diagnostic and treatment decisions.

Tick species: Different tick species are known to transmit different disease organisms. Knowing the species involved may alert you or your physician to watch for symptoms of specific disease(s) and choose the right treatment for that disease.

Tick development stage: A tick takes a blood meal at each life stage (larva, nymph and adult) and can become infected with each meal. Since adult ticks have fed more often, infection rates are often higher in adult ticks.

Tick engorgement level: how engorged (full of blood) the tick is from feeding is an indicator for how long the tick was attached and feeding. The longer a tick is feeding, the greater the risk for disease transmission. A flat/unfed tick would indicate less chance for disease transmission. For Lyme disease, at least 24 hours of active feeding is usually required before the tick can transmit the pathogen.



Can I have my tick tested?: Monmouth County does not test ticks submitted by residents. Several private labs will perform this service; however, **tick testing results are not the same as a human diagnosis** (see info on next page)

Testing Pros and Cons

CDC does not recommend testing ticks taken off people; however, many companies will test ticks for a fee. Information below may help you decide whether to get your tick tested.

PRO: Testing can tell you if the tick contained a disease-causing organism.

CON: It cannot tell whether you will get sick.

Disease transmission is not an automatic process. The disease organisms must survive in the tick's body, find their way to its mouthparts and enter your body during feeding. Test results may say the tick is infected; however, the bacteria or virus may be dead or in the wrong part of the tick's body, and, therefore, unable to infect you.

PRO: Testing can tell you the tick was free of a disease organism.

CON: It cannot tell you about other disease organisms the tick could carry.

Unless the lab screens for all possible diseases, you may get a false sense of security with a negative result. A tick may not contain Lyme bacteria but could carry and transmit babesiosis, which cannot be treated with antibiotics. If you choose to test, request the right tests for your tick! A lone star tick cannot transmit Lyme but can carry Ehrlichiosis.

PRO: Testing could mean no need to visit a doctor.

CON: Several days may pass before you get test results. Symptoms can begin 2-3 days after a tick bite. Waiting for results can delay diagnosis and treatment! More importantly, finding one tick suggests you could have been bitten and infected by another tick you did not find.

Always best to pay attention for symptoms and seek medical attention when they develop. Share your tick ID report with the doctor to assist with diagnosis and treatment.