

DIRECTIONS TO MCMEC

From the South:

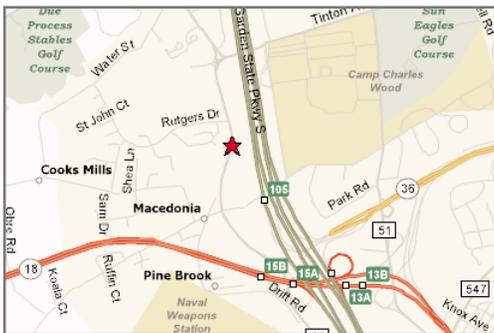
Take the Garden State Parkway North to Exit 105. Immediately upon exiting, take the ramp for Route 18 (New Brunswick). Once on 18 take Exit 15A (Wayside Road North). Continue straight ahead on Wayside Road over the railroad tracks and past the first traffic light (Pine Brook Road). The Commission building (1901) is located 1500 feet past the traffic light on the right hand side.

From the North:

Take the Garden State Parkway South to Exit 105. After passing through the toll booth, take the jug handle immediately after the first traffic light (Hope Road). You will now be heading North on Hope Road. Cross the Parkway spur and proceed to the first traffic light (Pine Brook Road). Turn left on Pine Brook Road. Proceed over the railroad tracks and under the Parkway to the first traffic light (Wayside Road). Turn right on to Wayside Road. The Monmouth County Mosquito Commission building (1901) is on the right hand side.

From Route 18:

Take Route 18 (North or South) to Exit 15A (Wayside Road North). Proceed North on Wayside Road, over the railroad tracks, and past the first traffic light (Pine Brook Road). The Commission building (1901) is located 1500 feet past the traffic light on the right hand side.



Tick-borne Diseases Program Monmouth County Mosquito Commission

1901 Wayside Road, Tinton Falls, NJ 07724

PERSONAL PROTECTION

To reduce the annoyance of tick bites and prevent transmission of tick-borne diseases, a few common sense measures should be followed. These include:

- **Avoid** time spent in **tick** infested **habitats**.
- **Wear light colored clothing** so that ticks can be spotted easily.
- **Wear long pants** and tuck the pant legs into your socks or boots; wear a long-sleeved shirt and tuck it into you pants. Tape the area where pants and socks meet so that ticks cannot crawl under clothing.
- **Use insect repellents** that contain 20-30% DEET or treat clothes (especially pants, socks, and shoes) with permethrin, which kills ticks on contact. As with all products, the user should follow the manufacturer's usage recommendations.
- **Walk in the center of trails** to avoid over hanging grass and brush along the trails edge.

Finally, **inspect yourself carefully** and remove any attached ticks. It takes a minimum of 24 hours of attachment before an infected tick can transmit the Lyme disease spirochete. Therefore, the quicker you remove ticks, the less likely they can transmit any disease causing organism.

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For additional information on ticks and tick-borne diseases contact:

Sean Healy, Entomologist
MCMEC Tick-borne Diseases Program
Email: ticks@co.monmouth.nj.us

(Tel) 732-542-3630 • (Fax) 732-542-3267

Tick information and brochures are available online at:
www.visitmonmouth.com/mosquito/tick.html

Tick-borne Diseases Program
Monmouth County Mosquito Extermination Commission
P.O. Box 162
Eatontown, NJ 07724

TICK IDENTIFICATION and TESTING



A Service of the Monmouth County Mosquito Extermination Commission

Tick-borne Diseases Program

Tinton Falls, New Jersey 07724

Monmouth County
Board of Chosen Freeholders
William C. Barham, Director
Lillian G. Barry, Deputy Director
Robert D. Clifton
Anna C. Little
Barbara J. McMorrow



Monmouth County
Mosquito Extermination Commission
George R. Rue, President
Andrew F. Trocchia Jr., Vice President
William J. Zawicki, Treasurer
Robert D. Clifton, Freeholder Member
William J. McBride, Commissioner
Robert Hary, Commissioner
Douglas L. Guthrie Sr., Superintendent

In 1997, the Monmouth County Board of Chosen Freeholders designated the Monmouth County Mosquito Extermination Commission (MCMEC) as the first Mosquito Commission in New Jersey to provide education, training, surveillance and recommendations on integrated pest management (IPM) for reducing the risk of Lyme disease and other tick-borne diseases. The Tick-borne Diseases Program of the MCMEC is devoted to education, research and services relating to ticks and tick-borne diseases in New Jersey

GENERAL INFORMATION

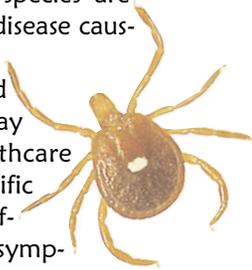
To combat the threat of tick-borne diseases to the residents of Monmouth County, the Tick-borne Diseases Program of the Monmouth County Mosquito Commission provides the service of Tick Identification and Testing as part of an on-going research program. The Tick Identification and Testing Service serves as a **'first alert'** for people receiving a tick-bite.

TICK SERVICES OFFERED

Tick Identification

Individual citizens can submit ticks for identification to species, stage of development, and relative degree of engorgement. Knowing this information is helpful for the following reasons:

1. **Tick species:** Different tick species are known to transmit different disease causing organisms, therefore knowing the species involved in the tick bite incident may alert you or your healthcare provider to watch for specific disease(s) and may aid in differential diagnosis if clinical symptoms should appear.



2. **Tick development stage:** You cannot determine the species of tick by its size because all ticks are extremely tiny in their immature stages (larva and nymph) get progressively larger as they mature through their life cycle (adult males and females) and larger still as they become engorged with blood. In addition different stages of ticks may be more or less likely to be infected with a disease causing organism (larva vs. nymph) or more or less likely to transmit a disease causing organism (males vs. females).

3. **Tick engorgement level:** If a tick is infected it may transmit that infection when it bites an individual. However transmission does not happen immediately. In the case of Lyme disease at least 24 hours is usually required before the tick will effectively transmit the pathogen. The engorgement level (flat, partially engorged, fully engorged) is a relative indication of how long the tick was attached. The longer a tick is attached, the more engorged (filled with blood) it becomes. The longer an infected tick is attached, the greater the risk that transmission will take place. So, risk increases with engorgement level.



All three of the most common ticks found in New Jersey are capable of transmitting diseases to humans and pets. There is no charge to Monmouth County Residents for identifying a tick.

Tick Testing

Ticks that have been successfully identified as *Ixodes scapularis* the blacklegged tick (a.k.a. deer tick) can be tested for *Borrelia burgdorferi*, the causative agent of Lyme disease. The tick is tested using a DNA based technique known as Polymerase Chain Reaction (PCR). The tick can be tested whether it is alive or dead. There is a \$25.00 fee to cover the cost of the test.

1. **Tick infection status:** If a tick is positive for infection with the Lyme disease organism (*Borrelia burgdorferi*), the potential risk for infection of that individual to have taken place is increased (but not confirmed).

Important Facts to Keep in Mind

Tick identification and test results do not represent the diagnosis of disease in humans or animals; they do provide information that may facilitate you and your health care provider in evaluating and making diagnostic/treatment decisions. The identification and analysis of a submitted tick does not rule out the possibility that you may have had other undetected tick bites. Actual clinical symptoms should never be discounted based on the tick identification and test results. The official written report of the tick identification and testing results is an important document

and you may want to save it to include in your medical file for future reference. Currently only the blacklegged tick (a.k.a. deer tick) will be tested for *Borrelia burgdorferi* the organism that causes Lyme disease. The blacklegged tick is also able to transmit other diseases such as Babesiosis (*Babesia microti*) and Anaplasmosis (*Anaplasma phagocytophilum*), formerly known as human granulocytic ehrlichiosis.

TICK REMOVAL

The best way to remove attached ticks is to grasp the tick with fine-tipped tweezers as close to the skin as possible; then pull straight up with a slow, steady force. Try to avoid crushing the tick or destroying it in any other way. Clean the area of tick attachment with an antiseptic. Removed ticks can be saved in any sealed container to be later identified or tested. **Attached ticks should not be removed with noxious chemicals or by burning.** This may cause injury to the skin, and can increase the risk of transmission, by causing the tick to regurgitate disease causing organisms into the body. **Do not place ticks in tape.** This makes identification and testing more difficult



SUBMITTING A TICK

The Tick Identification and Testing Service is currently **only available to the residents of Monmouth County.** At this time all ticks must be submitted in person at the Monmouth County Mosquito Commission located in Tinton Falls (directions to the Commission are located on the back of this brochure). The identification of the tick is free but there is a **\$25.00 fee to cover the cost of testing** the tick for the Lyme disease causing organism. We can **only accept personal checks** at this time, NO cash or credit cards. Payment is expected at the time the tick is submitted. Results of the Tick Identification and Testing will be conveyed by the telephone (a written report will be mailed or e-mailed for your records). Ticks can be submitted at the Mosquito Commission between the hours of 7:30 AM and 4:00 PM.