

Protecting yourself: avoid the next tick bite!

- **Wear light colored clothing** so that ticks can be spotted easily.
- **Wear long pants** and tuck pant legs into socks or boots; tuck a long-sleeved shirt into your pants. Tape the area where pants and socks meet so that ticks cannot crawl under clothing.



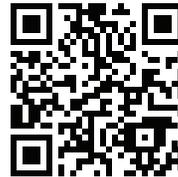
- **Use insect repellents** that contain 20-30% DEET or treat clothes (especially pants, socks, and shoes) with permethrin, which kills ticks on contact. Always follow the manufacturer's usage recommendations.
- Learn to **recognize** and **avoid** tick infested areas, including in your own backyard.
- **Walk in the center of trails** to avoid overhanging grass and brush along the trail's edge.
- **Inspect yourself carefully** and remove any attached ticks. The quicker you remove them, the less likely they are to transmit disease.
- Remember that ticks can hitchhike into your home on your clothes (**remove and tumble dry on high heat for 1 hour** to kill ticks) and on pets (**use monthly preventatives** as recommended by your veterinarian)



Pets can get tick-borne diseases, too!

For more information about tick-borne disease visit:

NJ Department of Health
<http://www.nj.gov/health/cd/izdp/vbi.shtml>



Centers for Disease Control & Prevention
<http://www.cdc.gov/ticks/index.html>

More information about Monmouth County's Tick-borne Diseases Program can be found at:

visitmonmouth.com/mosquito



or contact us at
(Tel): 732-542-3630
ticks@co.monmouth.nj.us

Tick-borne Diseases Program
Monmouth County Mosquito Control
1901 Wayside Road, Tinton Falls NJ 07724

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What to do if you find a tick...



Learn about tick identification

Monmouth County
Mosquito Control Division
Tick-borne Diseases Program



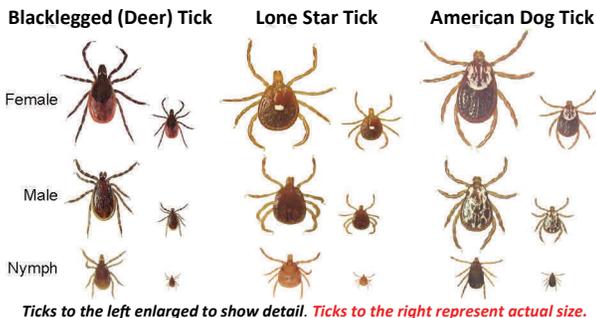
A program of the
Monmouth County Board of Chosen Freeholders
Freeholder Patrick Impreveduto, liaison

Removing the tick

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 small 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.



Am I at risk for disease?



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

Early signs and symptoms may include: skin rash, tiredness, fever, chills, headache, a stiff neck, muscle aches, joint pain, dizziness. **See your health care provider if you develop any of these symptoms after a tick bite.** Remember, it is still possible to contract tick-borne disease during colder months!

Tick Identification FAQ



Who can use this service?: All residents of Monmouth County are eligible. Ticks must be submitted in person at the Monmouth County Mosquito Control Division at 1901 Wayside Rd., Tinton Falls NJ 07724. The office is open 7:30 AM to 4:00 PM.



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



What will be on my Tick ID report?:

Results of the below 3 categories will be on your report and can aid you and your doctor in making diagnostic and treatment decisions.

Tick species: Different tick species are known to transmit different disease causing organisms, therefore knowing the species involved may alert you or your physician to watch for symptoms of specific disease(s).

Tick development stage & gender: Different genders and stages of a tick (i.e., larva, nymph, adult) may be more or less likely to be infected with and/or transmit a disease-causing organism.

Tick engorgement level: Engorgement level (how much blood it has taken in) is a relative indication of how long the tick was attached and feeding. The longer a tick is attached, the greater the risk that it may transmit a disease organism. For example, in the case of Lyme disease, at least 24 hours 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. There are a number of private labs that will perform this service for you, however please keep in mind that **tick testing results are not the same as a human diagnosis.** See the next page for more information.

Should I have my tick tested? Pros and Cons

Many people who are bitten by ticks like to have the tick tested for “peace of mind.” However, there are several reasons why it may not give you peace of mind at all. The information below will help with deciding whether to get a tick tested, and if you decide to test, will help you evaluate the results.

PRO: It 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 have to survive in the tick’s body, where the tick’s own immune system is fighting them, and find their way through its body to its mouthparts in order to enter your body during feeding. So the tick may contain organisms, but they could be dead, or in the wrong part of the tick’s body, and therefore not able to infect you.

PRO: It can tell you if that tick was free of disease-causing organisms (but only the ones tested)

CON: It cannot tell whether you will get sick

Not all labs test for everything a tick could be carrying. You may get a false sense of security if told your tick did not contain Lyme bacteria when it could still have transmitted babesiosis or anaplasmosis, for example. Also, finding one tick means you could have had other ticks that you didn’t notice, and were not tested, that could have infected you.

PRO: It does not require a doctor visit

CON: Relying too much on test results can hinder your doctor’s ability to diagnose and treat you

Symptoms can begin showing in as little as 2-3 days after a tick bite. Turn around time for tests can take several days. Added to the time between tick removal and submission, this means that you could develop symptoms before getting your tick test results, and should not wait for them before seeking medical attention. **The surest way to know if you have contracted a tick-borne disease is to watch yourself closely for symptoms and then see a physician immediately if they occur.**