

# TICKS 101: PREVENTION AND TREATMENT

Ticks may be small, but they can cause big problems! We've got some tips for preventing bites, recognizing and treating them, and knowing when to get your doctor involved.



## Did you know?

In Ohio, there were **over 1700 cases of Lyme disease in Ohio in 2024** caused by ticks.

## What to look for:



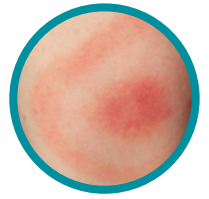
**American dog tick**  
*Dermacentor variabilis*



**Lone star tick**  
*Amblyomma americanum*



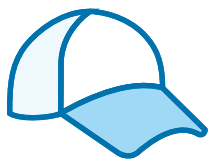
**Blacklegged tick**  
*Ixodes scapularis* causes Lyme disease.



**"Target" lesion**  
on patient with Lyme disease

## Ways to prevent tick bites

Ticks like to hang out in areas that have tall grass and/or lots of trees and brush. If you're going to be in those areas, you'll want to take steps to keep them off of you.



Wear a hat and light-colored clothing



Tuck long pant legs into your socks



Walk in the center of nature trails, away from the brush



Treat your body, clothing and gear with tick repellent

## Once you're back indoors:

- ✓ Check your clothing, gear and dog if he joined you on your adventure
- ✓ Do a thorough, full-body tick check-paying special attention to warm, moist areas
- ✓ Shower as soon as possible
- ✓ Place worn clothing in your dryer - before washing - on high for at least 15 minutes (longer if they're damp)



## How to remove a tick

The sooner you remove a tick, the less chance you have of contracting a disease from it.

- 1 Use fine-tipped tweezers
- 2 Grip the tick as closely to your skin as possible
- 3 Pull it out gently in a straight-up motion
- 4 Do not squeeze or twist the tick as you remove it
- 5 Avoid touching the tick with your bare hands
- 6 Clean your hands and the bite, using warm water and soap or rubbing alcohol
- 7 Kill the tick by soaking it in rubbing alcohol
- 8 Consider saving the tick to show your doctor if it becomes necessary
- 9 Monitor yourself for symptoms for 30 days

## You should see your doctor right away if:

- + The bite gets redder or starts to ooze
- + You think you were bitten by a blacklegged tick (deer tick)
- + You develop any of the following symptoms: rash, headache, fever, chills, fatigue or muscle/joint pain
- + You have an allergic reaction to eating red meat

## Call 911 immediately if you experience:

- + Severe headache
- + Difficulty breathing
- + Paralysis
- + Racing or pounding heart