



# Tick ID Card

For more info:

(631) 726-TICK (8425)

The Regional Tick-Borne Disease Resource Center at Stony Brook Southampton Hospital

## TICK DISEASE INFORMATION

The East End's danger season for tick-related diseases is April-October although ticks can bite at any time during the year. Learn to recognize the ticks on this card. Ticks can transmit Lyme Disease, Babesiosis, Ehrlichiosis, Rocky Mountain Spotted Fever, Anaplasmosis and other serious diseases. Check for ticks daily, especially on children and pets. Create a "tick-safe" yard by mowing frequently and keeping brush and leaves raked. Pull socks over pant legs and tuck in shirts when outdoors to prevent ticks from climbing under clothing. Insect repellent can be helpful in keeping ticks off the body. Shower as soon as possible after spending time outdoors in a tick danger area. If you, your family, or your pets are outdoors, check for ticks daily, especially on your children and **be aware** of the dangerous ticks illustrated below.

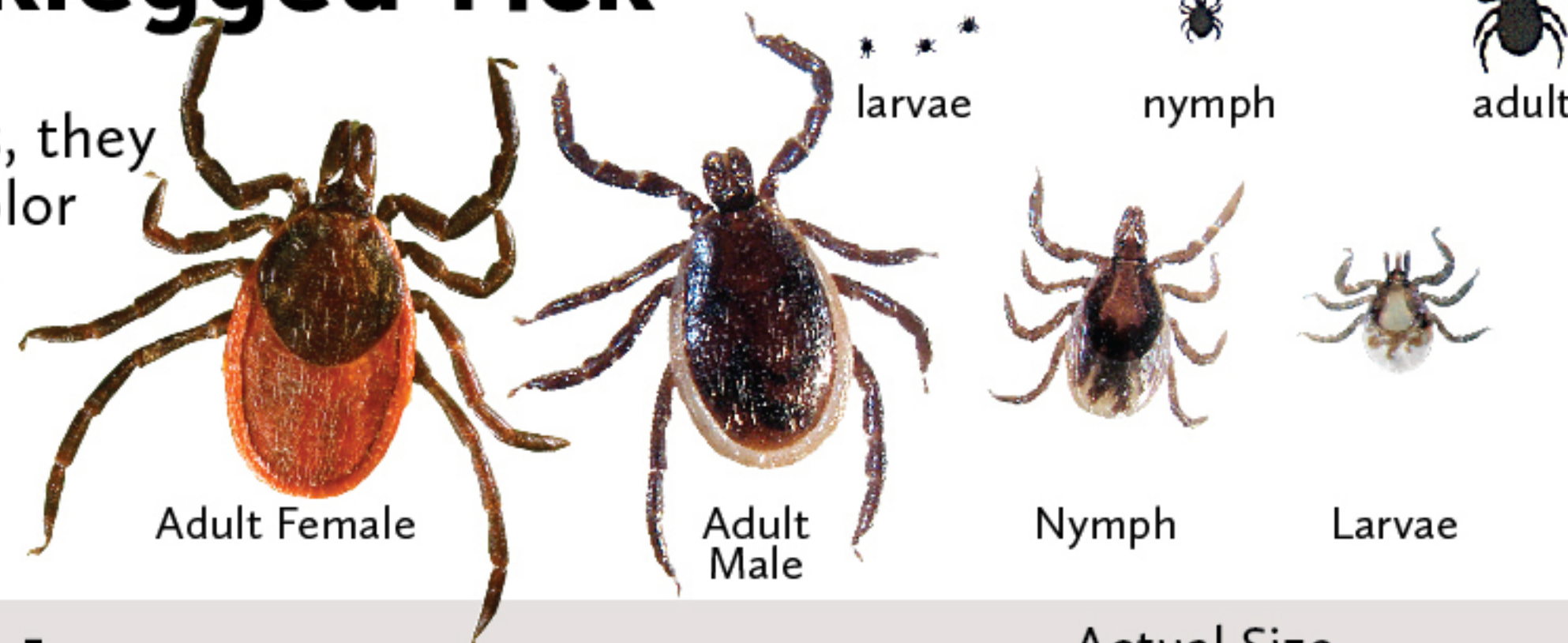
Use this chart to identify any ticks you find:

IDENTIFICATION

### Deer or Blacklegged Tick

*Ixodes scapularis*

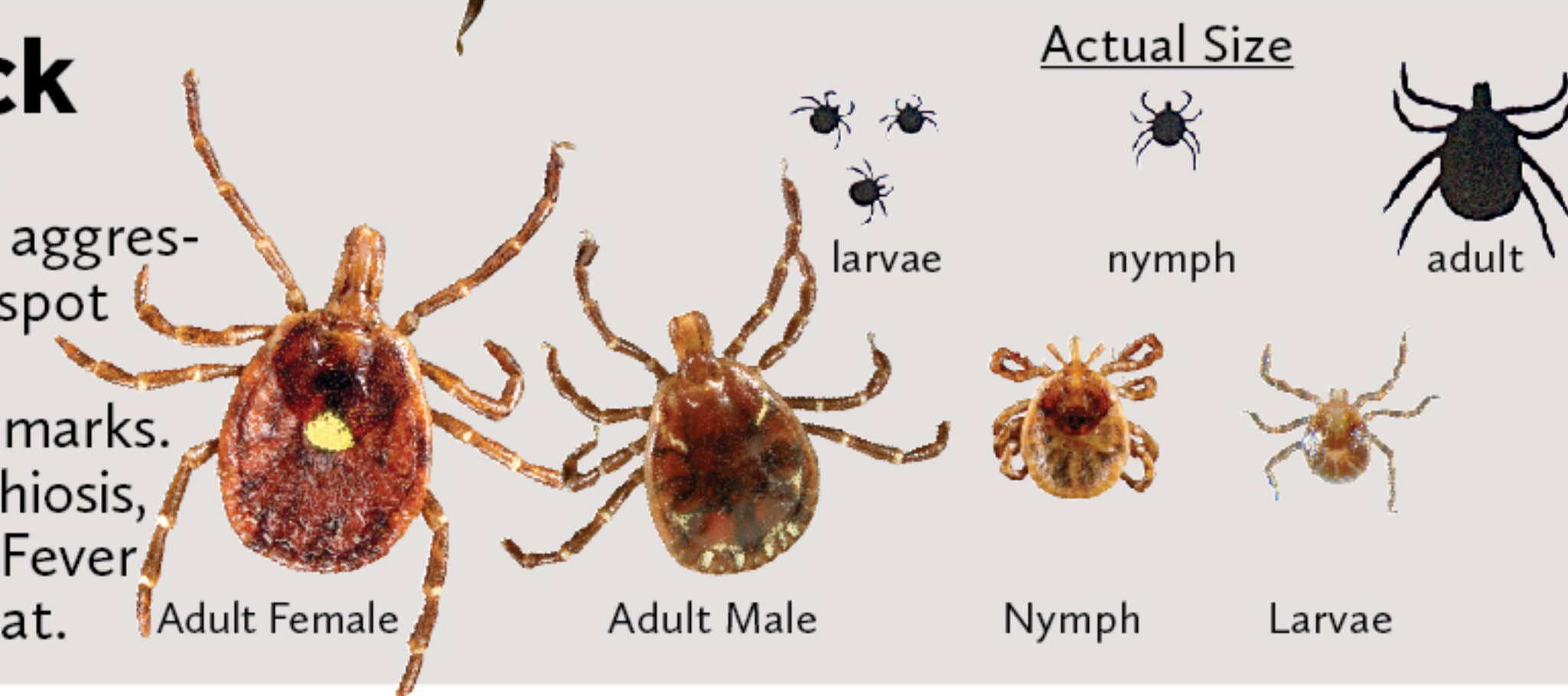
With no white markings, they are brown to black in color and are very, very small. Both nymph and adult stages can transmit diseases such as Lyme and Babesiosis.



### Lone Star Tick

*Amblyomma americanum*

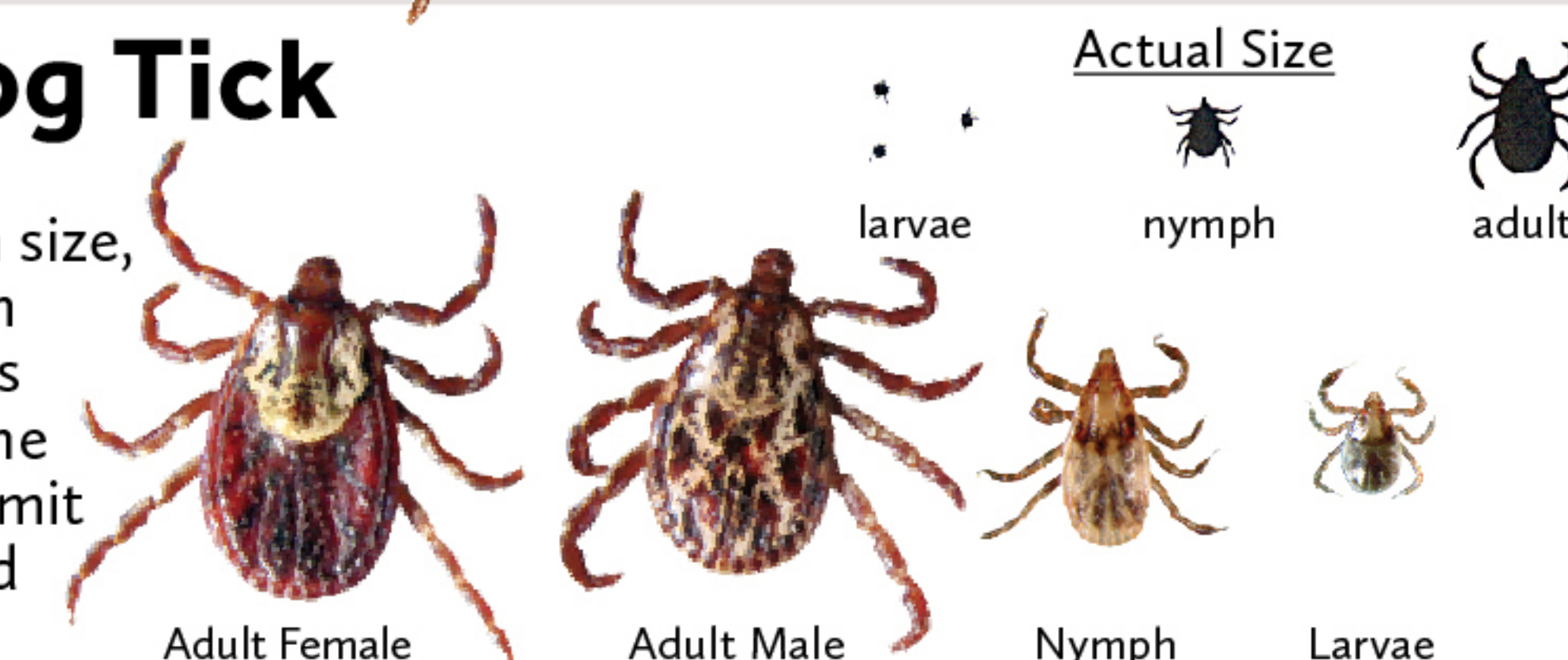
Tannish red. Females are aggressive with a light-colored spot at center on their back. Males have light-colored marks. Their bite can cause Ehrlichiosis, Rocky Mountain Spotted Fever and an allergy to red meat.



### American Dog Tick

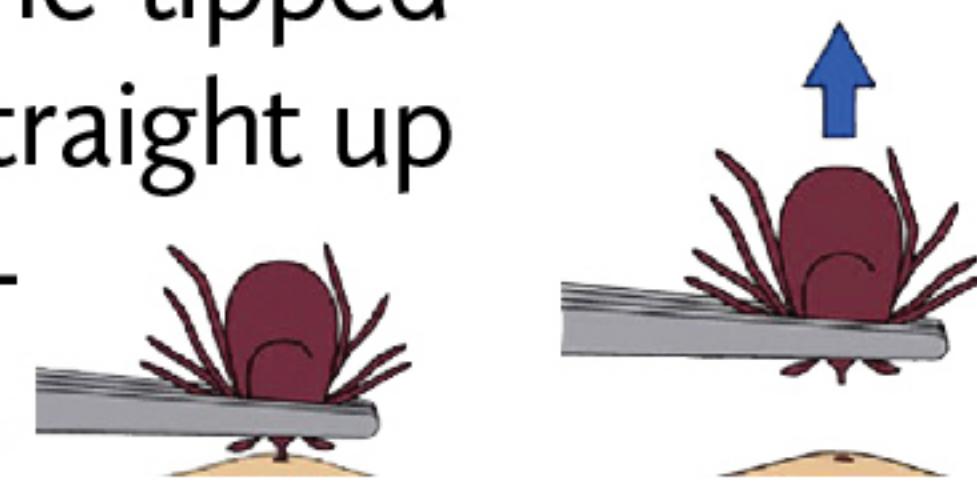
*Dermacentor variabilis*

Larger than the others in size, brown to reddish brown with gray-silver markings on their backs, behind the mouth. Its bite can transmit Rocky Mountain Spotted Fever and Tularemia.



## HOW TO REMOVE AN ATTACHED TICK

If you find a tick embedded on your body, using fine-tipped tweezers, grab the tick's head and **gently** pull it straight up with a slow and steady motion. If the tick's mouthparts remain in the skin, don't be alarmed. The diseases are in the body of the tick. Disinfect the bite area with rubbing alcohol or soap and water. If you experience a rash, aches, fever or flu-like symptoms, see a physician right away. You can save the tick in a pill bottle with rubbing alcohol to show to your doctor. Every year, thousands of Tick ID Cards are distributed throughout the South and North Forks. All produced with generous support from:



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EST. 1997

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[tickcontrol.com](http://tickcontrol.com)