

TICK-BORNE ILLNESS AND SYMPTOMS



TICKS CAN CARRY

Lyme disease, anaplasmosis, ehrlichiosis, babesiosis, powassan and Rocky Mountain spotted fever (rare in Rhode Island).

COMMON SYMPTOMS

can include tiredness, body/muscle aches, joint pain, fever, rash, stiff neck, and facial paralysis. The type and severity of symptoms vary with the specific disease.

SYMPTOMS CAN START

as soon as a few days after being bitten or as late as a few months after a tick bite. Some people may have no symptoms at all.

EARLY DIAGNOSIS

is helpful in successfully treating tick-borne diseases. It is important to contact your healthcare provider if you are experiencing any of these symptoms.

TICKS

Ticks are found throughout Rhode Island. Tick-borne diseases are transmitted through the bite of an infected tick. You are most likely to be bitten by a tick in the spring, summer, or fall; however, ticks can survive in the winter if temperatures are above freezing. Warmer winters could increase the number of ticks and the risk for spreading tickborne diseases like Lyme disease, babesiosis, anaplasmosis, ehrlichiosis, Rocky Mountain spotted fever, and Powassan.

Ticks can be infected with bacteria, viruses, or parasites. If you are bitten by an infected tick, you may become infected. Ticks usually are found in tall grass and leafy areas and often attach themselves to you in your armpits, groin, waistline, or in your hair.

AT-RISK POPULATIONS



People who spend recreational time outdoors



Outdoor workers



Pet owners



Gardeners



DATA AND PROJECTIONS

900+

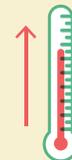
CASES PER YEAR

Lyme disease is extremely common in Rhode Island.

4TH



Rhode Island has the fourth-highest rate of Lyme disease in the country.



Changing temperature and precipitation patterns could make conditions more hospitable for ticks.

2X



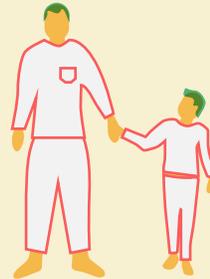
Washington County has the highest rate of Lyme disease in the state; nearly twice the rate of Newport and Bristol counties.

WHAT YOU CAN DO

AVOID DIRECT CONTACT WITH TICKS



Avoid wooded and brushy areas with high grass and leaf litter and walk in the center of trails.



Wear long pants and long sleeves whenever possible. Wear light colored clothing so you can see the ticks more easily.



Tuck your pants into your socks so ticks don't crawl under your clothes.



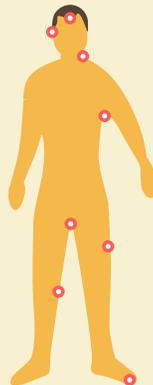
Use products that contain permethrin on shoes and clothing.



When outdoors, use repellents containing 20% DEET, picaridin, IR3535, some oil of lemon eucalyptus or para-menthane-diol. Follow the directions on the package.

Where to look:

Along your hairline
Ears
Back of your neck
Armpits
Groin
Behind the knees
Legs
Between your toes



Deer Tick actual size:

Nymph ● Adult Male ● Adult Female ●

WHAT YOU CAN DO

CHECK FOR TICKS



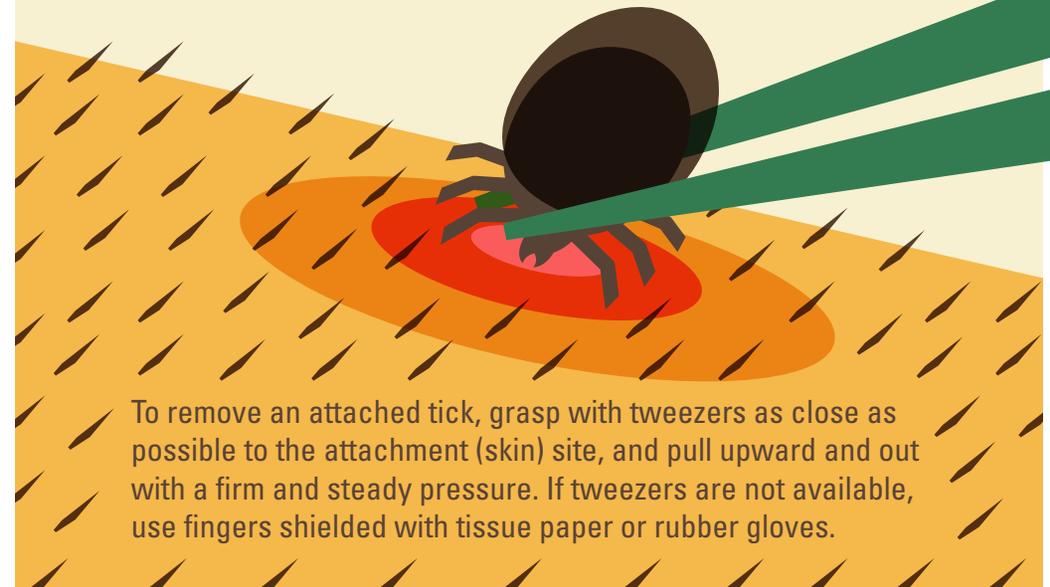
Bathe or shower as soon as possible after coming indoors (preferably within 2 hours) to wash off and more easily find ticks that are crawling on you.

Conduct a full-body tick check using a hand-held or full-length mirror to view all parts of your body upon return from tick-infested areas.



Examine gear and pets. Ticks can ride into the home on clothing and pets, then attach to a person later, so carefully examine pets, coats, and day packs.

REMOVE TICKS FROM YOUR BODY



To remove an attached tick, grasp with tweezers as close as possible to the attachment (skin) site, and pull upward and out with a firm and steady pressure. If tweezers are not available, use fingers shielded with tissue paper or rubber gloves.