TICK REMOVAL TECHNIQUE

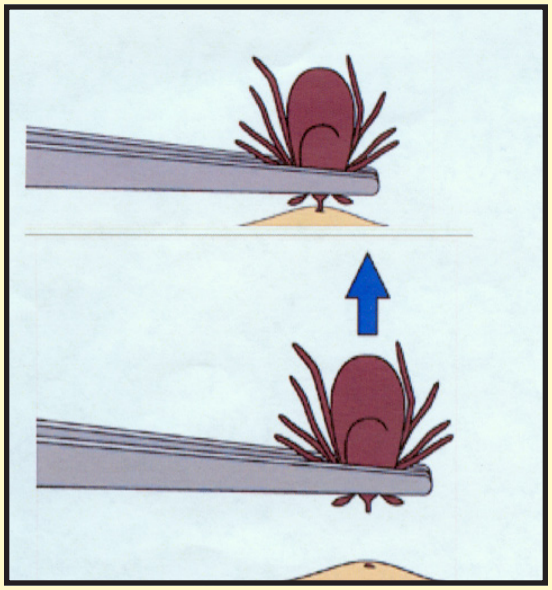


Image courtesy of CDC,
Division of Viral and Rickettsial Diseases.

1. **Use tweezers to firmly grasp the tick very close to your skin.**
2. **With a steady motion, pull the tick's body away from your skin.**
3. **Clean your skin with soap and warm water.**

DON'T USE
petroleum jelly, a hot match, nail polish, or other products to remove a tick.

Resources

For detailed information about EEE, WNV, and tick borne disease visit the New Hampshire Department of Health and Human Services website at
www.dhhs.nh.gov
or call
603-271-4496

For additional information go to the Centers for Disease Control and Prevention's website at
www.cdc.gov/ncidod/dvbid/

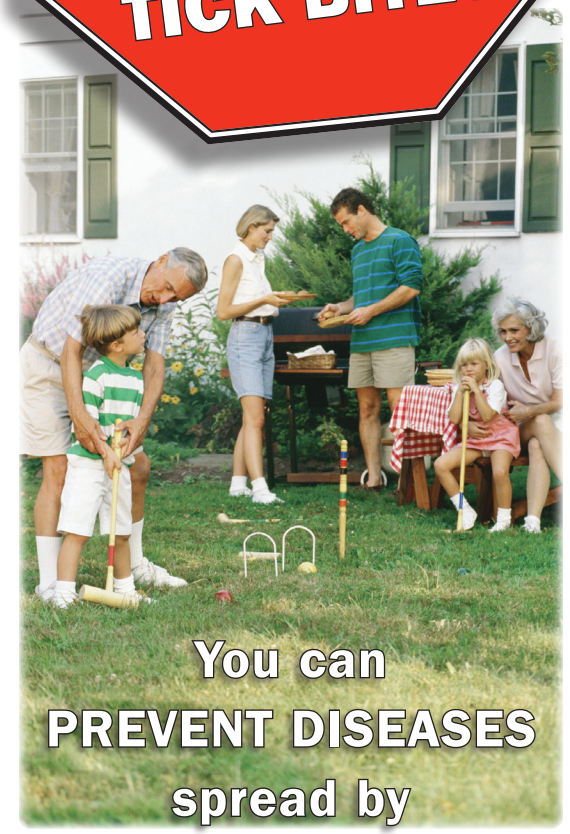
For information on repellent safety, visit the National Pesticide Information Center website at
http://npic.orst.edu/wnv/

To find an insect repellent that is right for you, visit the Environmental Protection Agency's Insect Repellents website at
http://ofpub.epa.gov/oppref/insect/

Healthy New Hampshire

NH Department of Health and Human Services
Division of Public Health Services
June 2015

STOP MOSQUITO and TICK BITES



MOSQUITOES & TICKS!

EEE and WNV

Eastern equine encephalitis (EEE) and West Nile virus (WNV) can make you and your family sick.

You get EEE or WNV from the bite of an infected mosquito, although, not all mosquitoes are infected.

You may feel sick 3-14 days after an infected mosquito bites you.

People who get sick may feel like they have the flu with fever, headache, and body aches that can last for days to weeks.

A small number of people who get EEE or WNV get very sick and sometimes die. If you feel sick, you should talk to your doctor.

There is no specific treatment for EEE or WNV.

Since 2003, several New Hampshire residents have been infected with EEE and WNV and some have died. These people got sick between late July and early October.

PRACTICE THE 8 "Ds"

Avoid mosquito and tick bites!

Use insect repellents that contain less than 20% **DEET** to keep mosquitoes and ticks from biting you. For mosquitoes only, sprays with picaridin, oil of lemon eucalyptus, or IR3535 can also be used. The last two ingredients are as effective as lower concentrations of DEET. Not all products are safe for children. Always follow label instructions.

DRESS in long pants and a long-sleeved shirt.

Wear light colors to make ticks easier to see.

Limit time outdoors between **DUSK** and **DAWN** when mosquitoes are most active.

Check your clothes and skin frequently for ticks while outdoors. Do a final full-body tick check at the end of the **DAY.** Immediately remove any attached ticks.

Keep your home safe!

Mosquitoes grow in water. **DRAIN** standing water from gutters, wheelbarrows, and wading pools.

DISPOSE of old tires, tin cans, glass bottles, and other water-holding containers left outside.

DO away with ticks around your home by removing leaf litter and tall grass at the edges of lawns, gardens, and stone walls.

Lyme Disease

The most common tick borne disease in New Hampshire is Lyme disease, however, anaplasmosis, babesiosis and powassan virus are also of concern. These diseases are transmitted through the bite of an infected blacklegged tick.

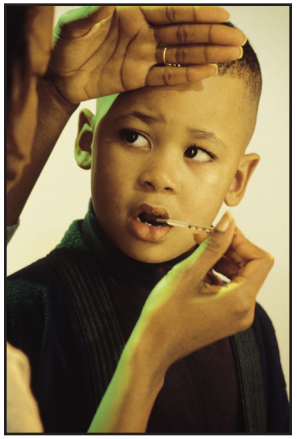
Ticks are very small!

Actual Size of Ticks

Lyme disease can start to make you feel sick 3-32 days after an infected tick bites you.

Often, but not always, people develop a large round rash. They also may have:

- Chills
- Fever
- Headache
- Muscle/joint pain



If you get sick after a tick bite, you should go to the doctor as soon as possible so that serious symptoms (heart problems, arthritis) do not develop. Early treatment with antibiotics is important.

Each year over one thousand New Hampshire residents get infected with Lyme disease.