

NEW YORK CITY Tick ID and Removal



Shown actual size



Nymph

Adult



Black-legged Tick

Very common in New York State (NYS) and Eastern states. Can transmit Lyme disease, anaplasmosis, babesiosis and Powassan virus.



American Dog Tick

Very common in NYS, New York City (NYC) and Eastern states. Can transmit Rocky Mountain spotted fever.



Lone Star Tick

Common in parts of NYS and in Southern and Eastern states. Can transmit ehrlichiosis.



Groundhog Tick

Present in NYS and some Northern states. Can transmit Powassan virus.

Tick-borne disease can cause severe symptoms if left untreated.

Detach here.

Ticks Are Small

Larvae, nymph, adult, engorged tick



(Shown actual size)



Tick embedded in skin



Nymph stage of tick
Photo by G. Hickling, University of Tennessee.

Tick Facts

- Ticks do not fly or jump. They wait for animals or people to pass by, then they grab on and crawl up to a warm spot on the body to feed on blood.
- Ticks can be active whenever the temperature outside is above freezing.
- Ticks prefer humid weather and shade.
- Different ticks can transmit different diseases.
- Not all ticks carry disease, and not all people bitten by a tick will get sick.

Signs and Symptoms of Tick-Borne Diseases

Lyme disease:

Symptoms include single or multiple rashes that expand and resemble a bull's-eye or target shape in 60 to 80 percent of cases. Other symptoms include fever, fatigue, headache, muscle pain or joint pain. Neurological and heart problems and arthritis can develop.

Babesiosis, anaplasmosis and ehrlichiosis:

Symptoms include fever, chills, headache, muscle aches and fatigue.

Rocky Mountain spotted fever:

Symptoms include fever, chills, severe headache, muscle pain and rash on palms and soles of feet that spreads to body. This can be deadly if not treated early with the right antibiotic.

Tick-borne diseases can be more severe for the elderly or people with weakened immune systems. See your health care provider if you develop any of these symptoms.

Ticks in NYC

- Most NYC residents with tick-borne diseases are infected when traveling to areas where the diseases are more common, including upstate New York, Long Island, New Jersey, Pennsylvania, Massachusetts and other Northeastern states.
- People who live in or travel to Staten Island and the Bronx, where the black-legged tick is found, can become infected with Lyme disease, anaplasmosis and babesiosis.
- For information about how to landscape your yard to prevent ticks, visit cdc.gov/ticks and search for "yard."



Erythema migrans rash on person with Lyme disease.

How to Safely Remove a Tick

DO NOT squeeze the tick.

1. Use pointed or fine-tip tweezers.
2. Grasp the tick by the head or mouth exactly where it enters the skin.
3. Pull upward firmly and steadily.
4. Place the tick in a small container of rubbing alcohol or flush it down the toilet to kill it.
5. Clean the bite area and your hands with rubbing alcohol or soap and water.
6. Watch for symptoms. If you develop a rash, fever or flu-like symptoms within several weeks of removing a tick or being in a tick habitat, see a health care provider.



How to Prevent Tick Bites

- Avoid wooded and brushy areas with high grass or leaf litter; walk in the center of trails.
- Wear light-colored clothing, long pants and long-sleeve shirts, and tuck pant legs into socks to make ticks easier to see and to keep them off of your skin.
- Use an insect repellent registered with the Environmental Protection Agency (EPA).
 - For exposed skin, use a repellent with DEET, picaridin, IR3535, oil of lemon eucalyptus, para-menthane-diol (PMD) or 2-undecanone — common active ingredients in insect repellents.
 - For treating clothing and gear, use a repellent with 0.5 percent permethrin as an ingredient.
 - Natural repellents are not EPA-registered and have not been evaluated for effectiveness.
 - For more information, visit epa.gov/insect-repellents/find-repellent-right-you.
- Check clothes and exposed skin for ticks while outdoors.

How to Check for Ticks

- Bathe or shower as soon as possible, preferably within two hours, to help wash away unattached ticks.
- Do a final full-body tick check daily.
- If clothes need washing, use hot water. If clothes cannot be washed in hot water, dry them on low for 90 minutes or on high for 60 minutes.
- For clothes that do not need washing, put dry clothes in the dryer on high for 10 minutes to kill ticks (longer for damp clothes).



Protect Your Pets

- Check your pets for ticks.
- Run your fingers through your pet's fur to feel for any small bumps. Check for areas that look irritated.
- Ask your veterinarian about ways to keep ticks off your pets.



For More Information

Visit cdc.gov/ticks or go to nyc.gov and search for “ticks.”

For more information about tick identification, visit the Tick Encounter Resource Center at tickencounter.org.

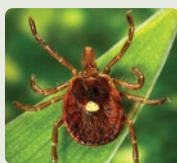
Information and images in this card were adapted from the New York State Department of Health and Centers for Disease Control and Prevention.



Black-legged tick



American dog tick



Lone star tick