



CONNECTICUT

Public Health

ARE YOU TRAIL READY?

**Everything Connecticut
residents need to know
about ticks, tick bites, and
enjoying the outdoors**



ENJOYING THE OUTDOORS?

Whether you're hiking, biking, camping, gardening, or walking your dog, ticks are a part of the outdoors, too.



- Ticks aren't just a summer problem. In Connecticut, they can be active whenever temperatures are above freezing—which is most of the year.
- Anyone who spends time outdoors can encounter ticks.
- Ticks live in wooded and brushy areas with high grass and leaf litter.

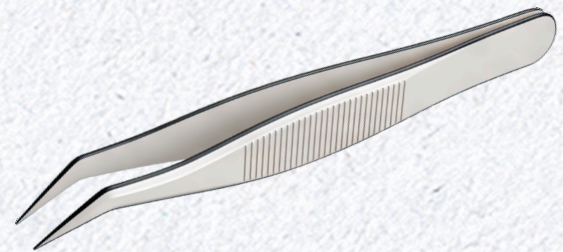
The good news is that a few simple habits can help reduce your risk of tick bites.

BUILD YOUR TICK KIT



EPA-registered bug spray

Ingredients to look for: Oil
of Lemon Eucalyptus,
IR 3535, Picaridin, or DEET.



Fine-tipped tweezers



Alcohol wipes



Plastic zip-lock bags



Hand sanitizer

HOW TO CHECK FOR TICKS

Always check yourself, kids, and pets, as well as your clothing and gear.

Check these areas carefully:



- ✓ Ears
- ✓ Hairline
- ✓ Underarms
- ✓ Waist
- ✓ Knees
- ✓ Ankles



Can you spot the ticks in these images?

HELPFUL TIPS

Showering within two hours of coming indoors is good opportunity to find unattached ticks and has been shown to reduce your risk of getting Lyme disease ([CDC](https://www.cdc.gov)).

Tumble dry clothes on high heat for 10 minutes after you come indoors to kill ticks. If the clothes require washing first, hot water is recommended. Cold and medium temperature water will not kill ticks.

STEP-BY-STEP TICK REMOVAL

If tick is attached:

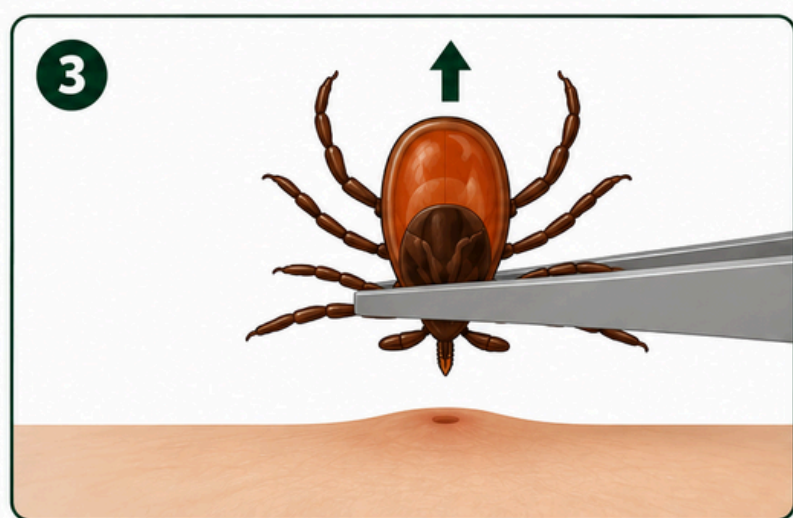
Follow the steps below, then get rid of it safely (page 8).



Grasp the tick as close to the skin as possible using fine-tipped tweezers.



Pull straight up with steady, even pressure. Do not twist or jerk.



Lift the tick away from the skin. The tick should come out completely.



Clean the bite area and your hands with soap and water or rubbing alcohol.

STEP-BY-STEP TICK REMOVAL

If tick is not attached:

If the tick is crawling on your skin or clothes, brush it off and get rid of it safely (page 8).



DON'T DO THIS when removing a tick:



**Petroleum jelly
(i.e. Vaseline)**



Nail polish



Heat

Using these or other substances to detach the tick may cause it to force infected fluid into the skin.

MEET CT'S MOST COMMON TICKS

EASTERN BLACKLEGGED (DEER) TICK

MOST COMMON IN CT

Spreads:

- Lyme disease
- Anaplasmosis
- Babesiosis
- Powassan virus (rare)



Adult female



Adult male

About the size of a sesame seed

LONE STAR TICK

EXPANDING IN CT

Linked to:

- Alpha-gal syndrome
- Skin irritation



Adult female



Adult male

About the size of a flax seed

AMERICAN DOG TICK

GRASSY AND BRUSH AREAS

Can spread:

- Rocky Mountain spotted fever (rare)
- Tick paralysis (rare)



Adult female



Adult male

About the size of an apple seed

TICK DISPOSAL OR TESTING

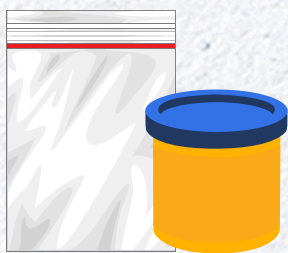
Testing: Connecticut residents can submit ticks for free identification, and some may also be tested for diseases. Place the **dry tick in a sealed plastic bag or container** and complete the [CAES Tick Submission Form](#).

Benefits: Testing may provide important information if you become sick and can help guide next steps.

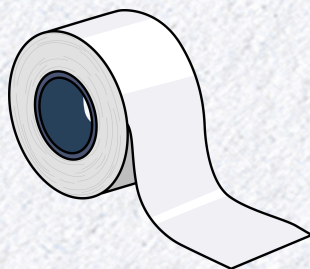


CAES
The Connecticut Agricultural Experiment Station
Putting Science to Work for Society since 1875

Disposal: Get rid of a tick safely by taking one of these steps.



**Sealed bag or
container
(disposal or testing)**



**Wrap in tape
(disposal only)**



**Put in alcohol
(disposal only)**



WHEN TO CONTACT A HEALTHCARE PROVIDER

IF YOU DEVELOP

- ✓ **Fever or chills**
- ✓ **Rash** (*not only a bullseye rash!*)
- ✓ **Nausea or vomiting**
- ✓ **Headaches**
- ✓ **Body aches**
- ✓ **Joint pain**
- ✓ **Unusual tiredness**
- ✓ **Swollen lymph nodes**

If you have any of these symptoms up to **30 DAYS** after a tick bite, contact your healthcare provider.

Tell your provider about your symptoms and recent tick bite, including when and where you were when the bite occurred. If you have the tick saved in a sealed bag/container, bring it to your appointment.

