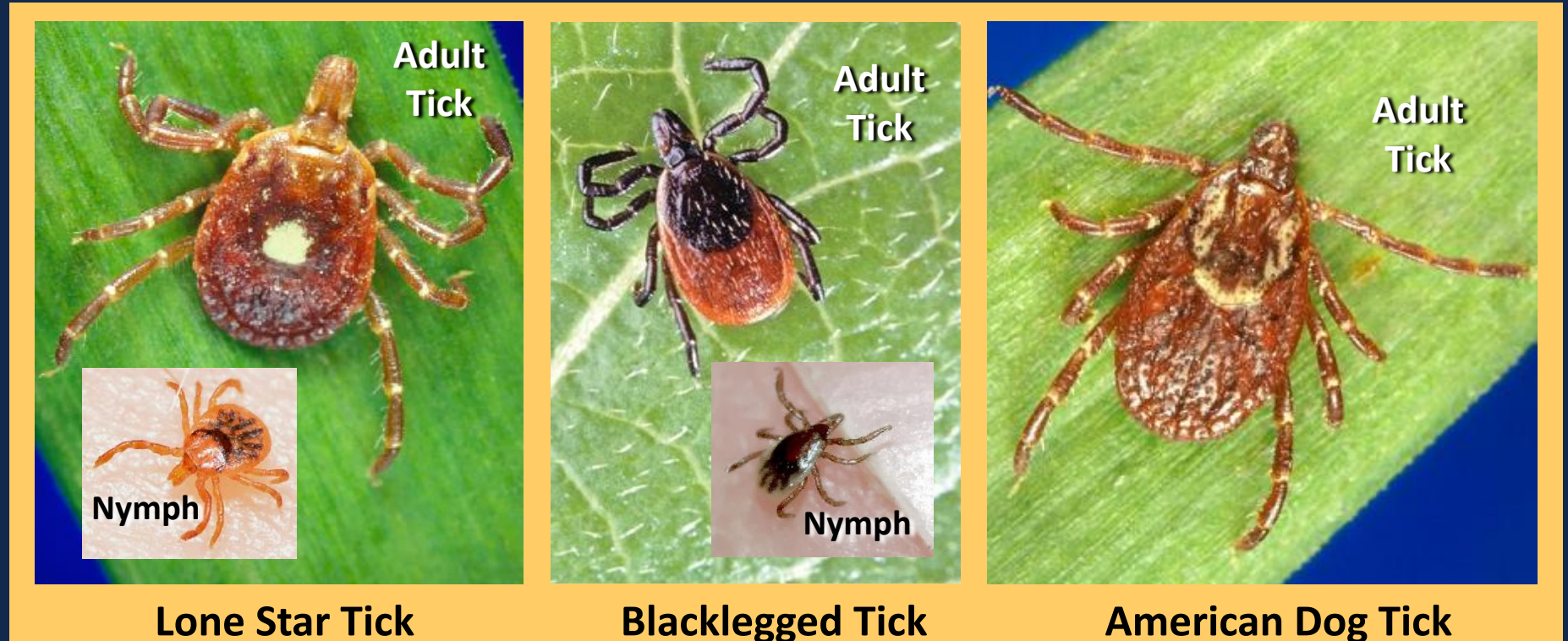


Tick Talk

ABC13 Norfolk

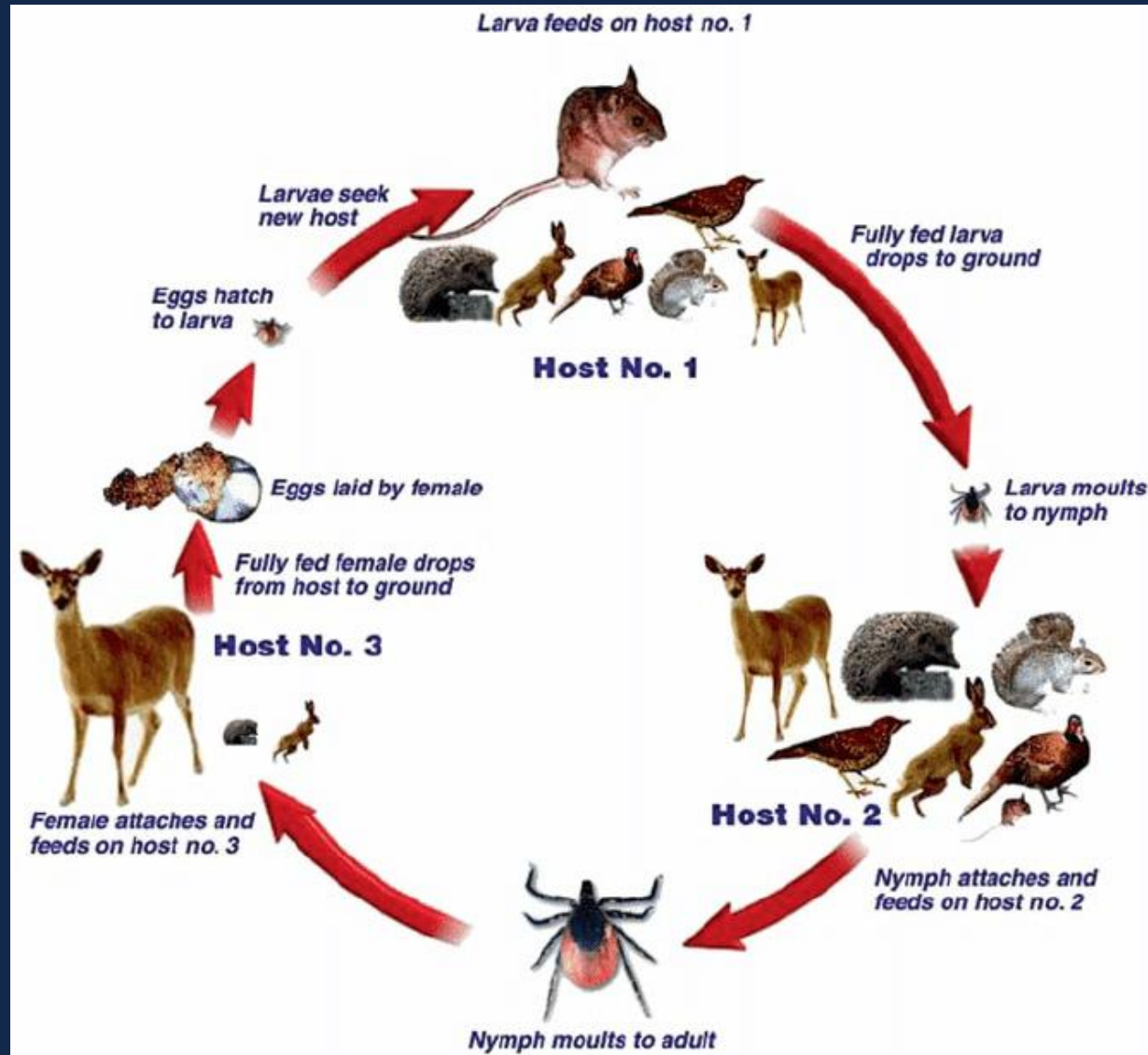
Joshua Bernick
Rabies and Vector-borne Disease Epi
VDH-Office of Epidemiology

Ticks



Out of 16 known tick species in VA, only **three species** commonly bite humans

Of these **three species**, **lone star ticks** and **blacklegged ticks** are the most common cause of human bites



The relative size of the animals approximates to their significance as hosts for the different tick life cycle stages in a typical woodland habitat.

Courtesy of Dr. Jeremy Gray and Bernard Kaye

How Big are Ticks?

- **Size varies from tick species, however nymphs can be quite small.**
- **Blacklegged nymphs can be the size of a poppy seed whereas lone star nymphs are about the size of a sesame seed.**
- **Larvae for all species are incredibly small, about the size of the tip of a needle. They are so small in fact, that lone star tick larvae (if enough bite) often get confused for chiggers.**



How to Avoid a Tick-borne Illness

- The best way to decrease the risk of tick-borne disease is to reduce one's exposure to ticks.
- First, limit the time you spend in brushy or wooded areas to decrease the potential for contact with ticks.
 - Still can go to the parks and enjoy them, just avoid forest edges and try to stick to human-made trails.
- You can also apply EPA-registered repellents containing 20 percent or more of DEET, picaridin, or IR3535 onto exposed skin. Always read the label to ensure proper use of permethrin and repellent products.



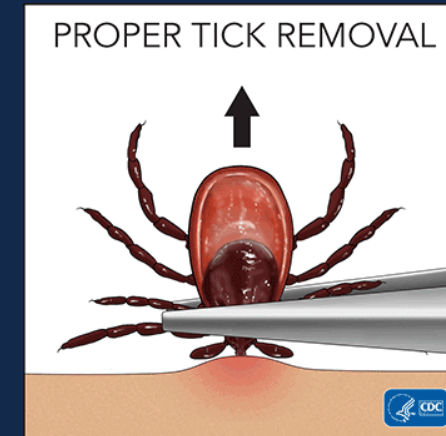
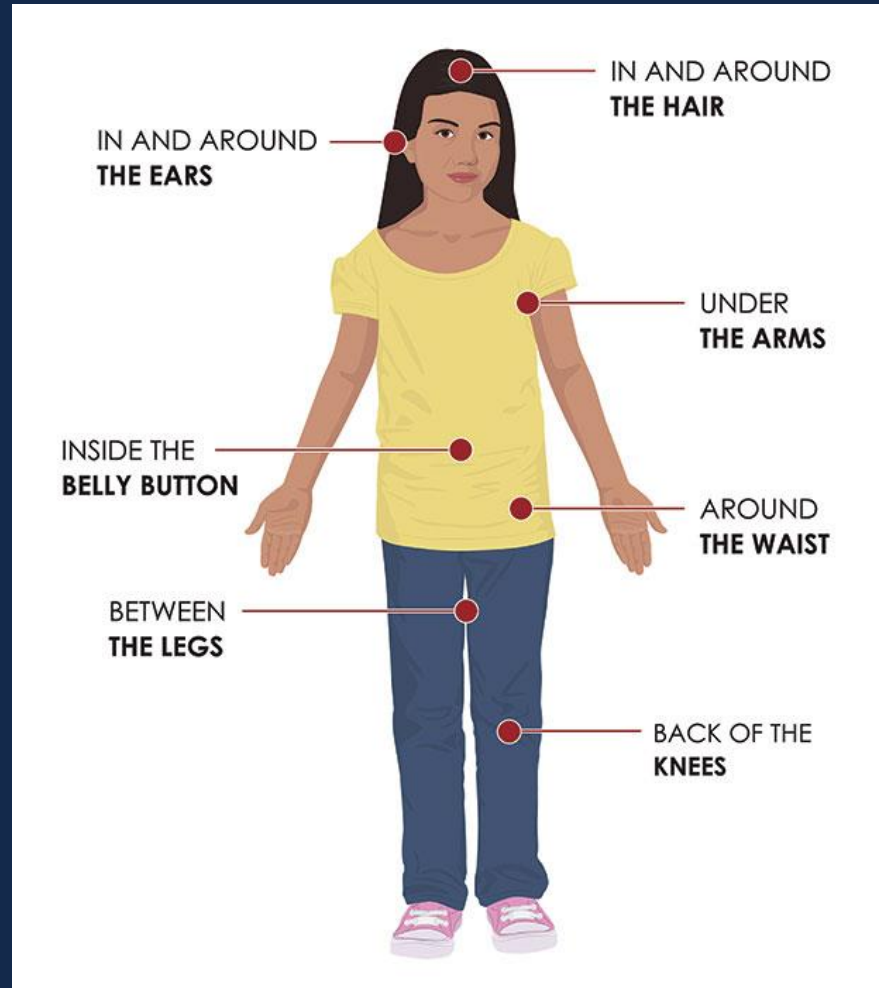
Prevent Tick Bites

- If you must enter these environments, it is important to wear appropriate clothing such as long sleeves and pants.
- Clothing can also be treated with permethrin, which will kill any ticks that climb onto treated clothing.
- Pant legs should be tucked into socks, and shirts should be tucked into pants.
- Lastly: it is important to check yourself for any embedded ticks immediately when returning from the field. Remove any ticks promptly using tweezers, and keep a watchful eye on the area where you were bitten.



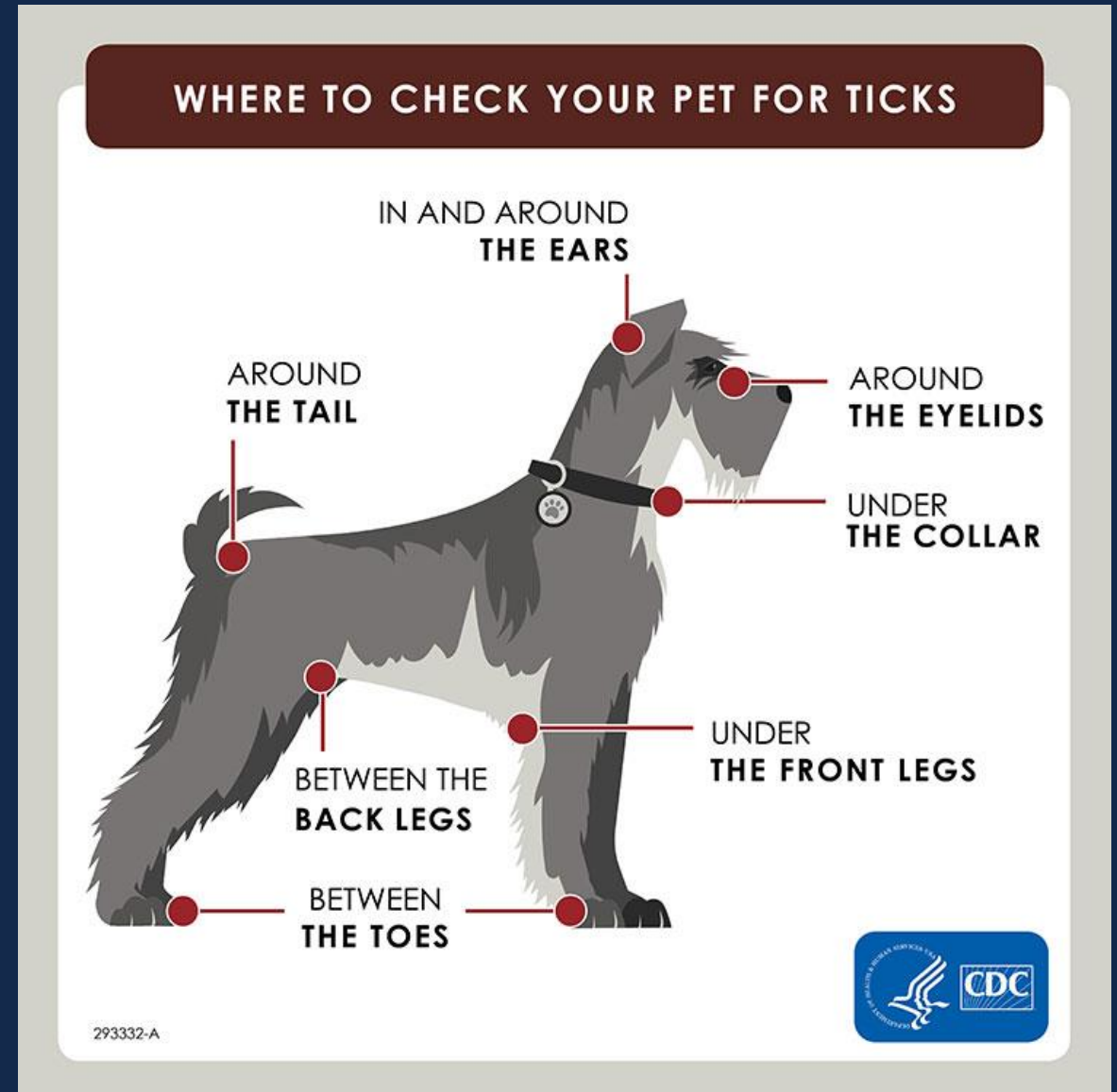
Do a Tick Check

- If there is one thing that you can get across to people, is to do a tick check.
- After visiting the park, you advise that clothing can be placed into the dryer and dried for a cycle or 30 minutes at high temperature. Washing may be necessary before using the dryer.
- Lastly: if a tick is found, it is important to remove it carefully. Tweezers are the preferred tool, and you want to grab onto the “head” as close to the skin as possible. Save the tick in Ziploc + alcohol.



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Resources: Websites

- CDC website: Ticks Home (searchable via google).
 - Breakdown of tick-borne diseases and conditions.
 - Houses nation-wide data.
 - Communications resources.
- VDH Tick Website: [Ticks - Ticks \(virginia.gov\)](https://www.vdh.virginia.gov/ticks-ticks)
 - Public-facing website.
 - Covers tick prevention, tick removal, tick ID, and information for tick illnesses.

TICKS



**DON'T LET THE
TICK
GET YOU SICK**

Bites from ticks can be both irritating and harmful to your health. These arachnids can spread a number of diseases that affect humans. Luckily, there are many ways to **protect and prevent** yourself and your family against tick bites.

[Tick Prevention](#) [I found a tick!](#)