

Tick Protocol

1. Introduction

Ticks are becoming common place in Maine and will continue to grow as a concern. We must find ways to still be outdoors but keep ourselves as safe as possible at the same time. Greatest risk for tick bites are spring through fall. Both dog ticks and deer ticks transmit diseases but only the deer tick carries lyme. Both the deer and dog ticks can carry multiple diseases such as lyme, anaplasmosis, and babesiosis.¹ Both adults and nymphs (babies) bite. The nymphs are often as small as poppy seeds. (see photo below)

2. Prevention in the field

- ❖ Students advised to wear appropriate clothing and footwear (e.g. long pants and shirts, close toed shoes, hats)
- ❖ Adults will model tucking pants into socks, and suggest it to group members, to make it harder for a tick to find skin if it climbs on.
- ❖ Place bags and any clothing removed in places that are more bare and rocky if possible, rather than brushy or grassy.
- ❖ Facilitate group tick check before going back into the classroom (all to brush off clothing and hair, check themselves, and check again once outer layers are removed) Can use lint rollers to catch nymphs.

3. Prevention at school and home

- ❖ Families can purchase [clothing treated with permethrin](#), a tick repellent that is made from chrysanthemum flowers. It is toxic to cats when wet.
- ❖ Remind school staff and/or families to remove students outerwear and do tick checks before climbing into vehicles and then to do a more thorough, all-body check again upon arriving home.
- ❖ Teachers and parents can have lint rollers in classroom, vehicles, and at home.
- ❖ Showers or bedtime are good times to check the entire body for ticks.

4. Tick removal and ID

If the tick is attached, remove using tweezers or tick spoon. Try and get head out. Disinfect site. See your doctor. You can save the tick to show your doctor and/or send it to the [University of Maine Tick Lab](#) for them to identify and test for disease.



Adult deer tick



¹ www.mainepublichealth.org

tick removal

Remove ticks immediately. They usually need to attach for 24 hours to transmit Lyme disease. Consult a physician if you remove an engorged deer tick.



Using a tick spoon:

- Place the wide part of the notch on the skin near the tick (hold skin taut if necessary)
- Applying slight pressure downward on the skin, slide the remover forward so the small part of the notch is framing the tick
- Continuous sliding motion of the remover detaches the tick

Using tweezers:

- Grasp the tick close to the skin with tweezers
- Pull gently until the tick lets go

1-800-821-5821

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tick ID

KNOW THEM. PREVENT THEM.



Deer Tick (Black-Legged Tick)



nymph adult male adult female

(actual size)



nymph (1/32"-1/16") adult (1/8") engorged adult (up to 1/2")



Dog Tick



adult male adult female

(examples are not actual size, dog tick nymphs are rarely found on humans or their pets)



just the facts

Deer Ticks

- Deer ticks may transmit the agents that cause Lyme disease, anaplasmosis, and babesiosis
- **What bites:** nymphs and adult females
- **When:** anytime temperatures are above freezing, greatest risk is spring through fall

Dog Ticks

- Dog ticks do not transmit the agent that causes Lyme disease
- **What bites:** adult females
- **When:** April–August

prevent the bite

- Wear light-colored protective clothing
- Use EPA-approved insect repellent on skin or clothing
- Use caution in tick infested areas
- Perform daily tick checks
- Protect your pets, use repellents, acaricides, and a Lyme disease vaccine for dogs

lyme disease

Ticks usually need to attach for 24 hours to transmit Lyme disease.



Often, people see an expanding red rash (or bull's-eye rash) more than 2 inches across at the site of the tick bite, which may occur within a few days or a few weeks.

Other symptoms include:

- fatigue
- muscle and joint pain
- headache
- fever and chills
- facial paralysis

Deer ticks may also transmit the agents that cause other diseases such as babesia and anaplasmosis.

People that remove an engorged deer tick should consult their physician as quickly as possible.