



Tick-BORNE DISEASES

How Can Tick-Borne Diseases be Prevented?

Perform tick checks:

1. Remove ticks from your clothes before going indoors.
2. Wash your clothes with hot water and dry them using high heat for at least one hour.
3. Perform a daily tick check after being outdoors. Inspect all parts of your body, including your armpits, scalp, and groin.

Safely remove any found ticks:

1. Use fine-tipped tweezers.
2. Grab the tick close to the skin. Do not twist or jerk the tick, as this may cause the mouthparts to break off and remain in the skin.
3. With a steady motion, gently pull straight up until all parts of the tick are removed.
4. After removing the tick, clean your skin with soap and warm water.
5. Contact your healthcare provider if you develop any symptoms.
6. Do not use petroleum jelly, hot matches, nail polish remover or other products to remove a tick.

What are tick-borne diseases?

Tick-borne diseases are bacterial illnesses that spread to humans through infected ticks.

The

most common tick-borne diseases in New Jersey are:

- Lyme disease
- Ehrlichiosis
- Anaplasmosis
- Rocky Mt. spotted fever
- Babesiosis

What are the symptoms of tick-borne diseases? The early signs of tick-borne diseases generally include:

- Skin rash
- General tiredness
- Fever and/or chills
- Headache
- Stiff neck
- Muscle aches
- Joint pain
- Dizziness

How are tick-borne diseases diagnosed?

Most tick-borne diseases are diagnosed through blood tests and by discussing symptoms with a healthcare provider.

What is the treatment for tick-borne diseases?

Tick-borne diseases caused by bacteria (Lyme disease, ehrlichiosis, anaplasmosis, and Rocky Mt. spotted fever) can be treated with antibiotics. Babesiosis is caused by a parasite similar to malaria, and is treated with anti-protozoal drugs. It is important to watch for symptoms and talk to your healthcare provider if you've been bitten by a tick. Early treatment can be very effective.

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Who gets tick-borne diseases?

Anyone who is bitten by an infected tick may get a tick-borne disease. People who spend a lot of time outdoors have a greater risk of becoming infected.

How do tick-borne diseases spread?

Tick-borne diseases are not spread between two people, but rather rely on ticks for transmission. Ticks become infected by micro-organisms (bacteria or protozoan parasites) when feeding on small infected mammals (e.g. mice and moles). Different tick-borne diseases are caused by different micro-organisms and it is possible to be infected with more than one tick-borne disease at the same time.

Ticks in New Jersey that carry disease:

These are the ticks in New Jersey that may carry disease causing micro-organisms:

- Black-legged "deer" tick (*Ixodes scapularis*)
- Lone star tick (*Amblyomma americanum*)

- American dog tick (*Dermacentor variabilis*)
- American dog

Where can I find more information about tick-borne disease?

NJDOH Communicable
Disease Service

<http://www.nj.gov/health/cd/>

CDC Tick-Borne Diseases

<http://www.cdc.gov/ticks/diseases/>

CDC Updates on Mosquito Repellent

<http://www.cdc.gov/ncidod/dvbid/>

[westnile/RepellentUpdates.htm](http://www.cdc.gov/ncidod/dvbid/westnile/RepellentUpdates.htm)

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