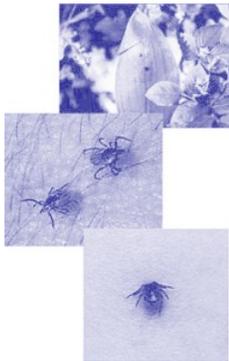


## What are Tick-borne Illnesses?

Many people have heard of **Lyme disease** and know that it is transmitted to humans through the Black Legged tick, locally known as the “deer tick.”

**What some people don't know**, is that ticks are capable of transmitting several different diseases to humans. These diseases can be spread through different types of ticks including the **Black Legged tick, Dog tick and the Lone Star tick.**



While tick-borne illnesses are treatable, the potential for developing harmful complications does exist.

For this reason, it is important to try to reduce your risk of exposure to ticks and to learn how to prevent **tick-borne illnesses.**

## Atlantic County Division of Public Health

### *Healthy People Living in Healthy Communities*

201 South Shore Road  
Northfield, NJ 08225  
[www.aclink.org/publichealth](http://www.aclink.org/publichealth)  
609-645-5935

Community Health  
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Environmental Health  
609-645-5971

Health Planning  
609-645-5953

Substance Abuse Services  
609-645-5945

**Atlantic County Executive**  
Dennis Levinson

**Atlantic County Board of Chosen Freeholders**  
Frank D. Formica, Chairman

**Atlantic County Health Officer**  
Patricia Diamond



## *Fight the Bite*

# **PREVENTING TICK-BORNE ILLNESSES**



Atlantic County Executive Dennis Levinson  
Atlantic County Board of Freeholders  
Frank D. Formica, Chairman

## Common

# Tick-borne

## Diseases

*Some common tick-borne diseases include Lyme disease, Ehrlichiosis, Rocky Mountain Spotted Fever, Babesiosis and Tularemia.*

Although some of these diseases can be transmitted in other ways, they are usually transmitted through the bite of an infected tick.

After a bite, it can take from 3 to 14 days to become sick, depending on the particular disease.

Common symptoms may include fever, severe headache, chills, nausea or vomiting, muscle and joint pain and weakness. Clinical diagnoses are confirmed through blood tests.

If you had a tick bite and are experiencing these symptoms, see a doctor immediately. Each of these diseases can be successfully treated with antibiotics, particularly in the early stages.

## *Know the Facts*

The State of New Jersey continues to have one of the highest rates of Lyme disease in the country. The majority of these cases are a result of tick bites.

Children may be at a higher risk because of the amount of time they spend playing outdoors and the failure to recognize a tick bite. To help reduce the risk of tick exposure, remind your family of these “tick safety tips.”



**Before going out:** put on light-colored clothing and tuck shirts into pants and pants into socks. Wear closed shoes. Apply a tick repellent product. Be certain to follow label directions especially with children. Parents may want to consult with a pediatrician.



**While Outside:** stay in the center of trails; avoid low bushes and leafy brush; periodically check clothing and skin for ticks and remove them.



**Upon Return:** check clothing, skin and hair for ticks. Also check pets. If a tick is found, carefully remove it with tweezers.

## Follow these Steps for Proper Tick Removal



1. **Grasp** tick as close to skin as possible, using tweezers.
2. **Pull** gently with a steady, backward pressure—be patient!
3. **Wash** area with soap, water and topical antiseptic.

*Remember...incorrect removal of an attached tick can increase your risk of disease.*

## DO TICK CHECKS DAILY!



*Use tweezers to properly remove a tick.*



*Be sure to do a thorough tick check on children.*

For more information contact: **the Atlantic County Division of Public Health at 645-5935.**