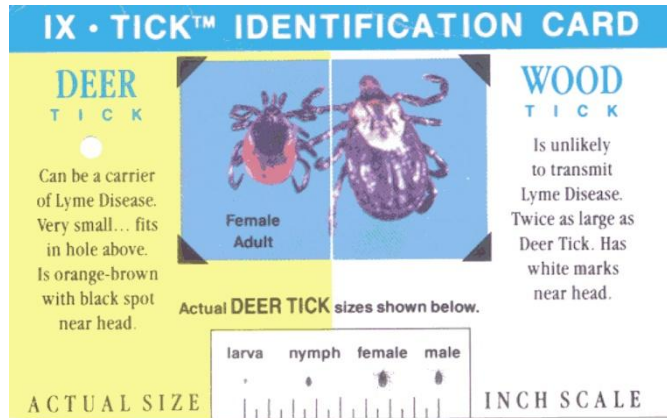


Ticks and Lyme disease

At Wargo Nature Center we have both wood ticks and deer ticks. The following information will give you ways to tell them apart, prevent them, remove them, and give warning signs to watch for if you do get bit by a deer tick.



Wood Ticks

- **DO NOT carry Lyme disease**
- Dark brown in color with white marks around head (male wear suspenders, female wear necklaces)
- Common throughout Minnesota
- About 1/8" in size

Deer Ticks

- **CAN carry Lyme Disease**
- Orange/reddish brown in color with black spot near head
- Smaller than a wood tick, only about the size of a large pin head 1/16"

To Help Prevent Tick Bites

- Tucking pants into socks will prevent ticks from crawling up pants
- Wear lighter colored clothing (ticks show easier) and check clothes often, removing any ticks spotted
- At the end of the day do a full-body tick check

If a Tick is Found Imbedded in Your Skin

Using a clean pair of tweezers, grab the ticks mouth part of head DO NOT grab the tick by the wide part of its body. Pull the tick directly out in a slow, steady motion. If you suspect that the tick is a deer tick, store the removed tick in an airtight container such as a ziplock bag. Then it can be tested for Lyme disease. Clean the bite site with alcohol and peroxide. DO NOT use Vaseline or a hot match to remove the tick and do not flush the tick down the toilet or drain, it can crawl back up. Fold it in a piece of tape and throw it in the garbage.

If you do find a tick attached to your skin, there is no need to panic. Not all deer ticks are infected, studies show that it takes an infected deer tick to begin transmitting Lyme disease an average of 36-48 hours after attachment. Therefore, your chances of contracting Lyme disease are greatly reduced if you remove a tick within the first 24 hours. Remember, too, that the vast majority of early cases are easily treated and cured.

Early signs of Lyme disease - if in doubt please see a doctor

Symptoms may include: fatigue, swollen glands, red skin rash (blotchy or bulls eye), chills and fever, headache, muscle or joint pain.