

What are tick-borne diseases?

Tick-borne diseases in Ohio are caused by bacteria, parasites or viruses spread through the bite of an infected tick. The following reportable diseases are the most common tick-borne diseases in Ohio:

- ✘ Anaplasmosis
- ✘ Babesiosis
- ✘ Ehrlichiosis
- ✘ Lyme Disease
- ✘ Rocky Mountain Spotted Fever

What ticks do we have in Ohio that carry these diseases?

American dog tick (*Dermacentor variabilis*)



**Dermacentor variabilis* female (left) and male (right)

The American dog tick can transmit the bacteria that cause Rocky Mountain spotted fever in humans and dogs. It is the most commonly encountered tick in Ohio and is often found in overgrown lots and along weedy roadsides, paths and hiking trails.

Blacklegged tick (*Ixodes scapularis*)



**Ixodes scapularis*, female

The blacklegged tick, also known as the 'deer tick', can transmit the bacteria that cause anaplasmosis and Lyme disease and the parasites that cause babesiosis. The risk of exposure to this tick is greater in wooded or brushy areas and in the edge area between lawns and woods.

Lone star tick (*Amblyomma americanum*)



* *Amblyomma americanum*, female

The lone star tick can transmit the bacteria that cause ehrlichiosis. It may also transmit other diseases as well. This tick is most common in Southern Ohio where it is found in shady areas along roads, in meadows and woods.

What are the symptoms of tick-borne diseases?

Many tick-borne diseases have similar signs and symptoms including:

- ✘ Fever and/or chills
- ✘ Headache
- ✘ Muscle pain
- ✘ General tiredness
- ✘ Joint pain
- ✘ Stiff neck

How soon after a tick bite do symptoms occur?

| | |
|------------------------------|-----------|
| Lyme disease | 3-30 days |
| Ehrlichiosis | 5-10 days |
| Anaplasmosis | 5-21 days |
| Rocky Mountain spotted fever | 5-10 days |
| Babesiosis | 7-56 days |

How are tick-borne diseases diagnosed?

Most tick-borne diseases are diagnosed through laboratory blood tests in conjunction with guidance from a healthcare provider.

What is the treatment for tick-borne diseases?

Anaplasmosis, ehrlichiosis, Lyme disease and Rocky Mountain spotted fever are treated in the same manner, with antibiotics. Babesiosis is an emerging tick-borne malaria-like infection and is treated with antiprotozoal drugs.

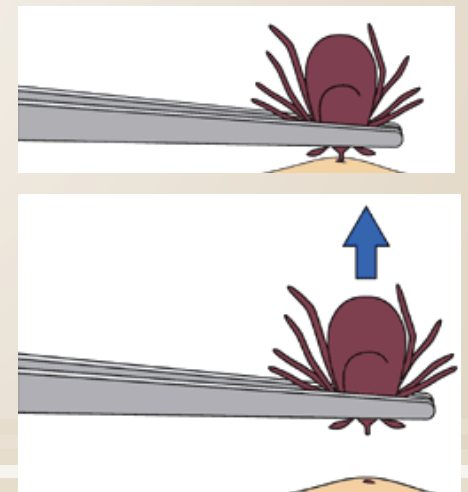
How can tick-borne diseases be prevented?

Perform tick checks:

1. Remove ticks from your clothes before going indoors.
2. Bathe or shower as soon as possible after coming indoors (preferably within two hours) to wash off and more easily find ticks that are crawling on you.
3. Conduct a full-body tick check using a hand-held or full-length mirror to view all parts of your body upon return from tick-infested areas.
4. Wash your clothes with hot water and dry them using high heat for at least one hour.
5. Perform a daily tick check after being outdoors. Examine gear and pets. Ticks can ride into the home on clothing and pets, then attach to a person later, so carefully examine yourself, your pets and your belongings.

Safely remove any found ticks:

1. Shield fingers with a paper towel or use tweezers. Grasp the tick close to the skin. With steady pressure, pull the tick straight up and out.
2. Avoid crushing the tick.
3. Do **not** use a hot match, cigarette, nail polish, petroleum jelly or other products to remove a tick.
4. After removing a tick, thoroughly disinfect the bite site and wash hands with soap and water.



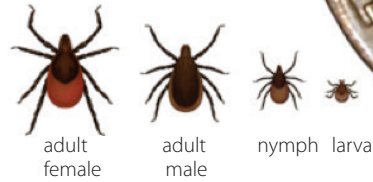
Most people bitten by a tick will not get a disease. Not all ticks are infected with diseases. Ticks that are infected usually have to be attached to the host for several hours to several days to transmit disease. Prompt removal of an attached tick will significantly reduce the risk of infection.

What do you do if you develop symptoms following a tick contact?

See your physician. If you develop symptoms of tick-borne disease, including fever, flu like illness or a rash within a few weeks of a tick bite, be sure to tell your doctor about your tick exposure. It is recommended to record the date of any tick bites in case symptoms occur later.



Blacklegged Tick
(*Ixodes scapularis*)



Lone Star Tick (*Amblyomma americanum*)



Dog Tick (*Dermacentor variabilis*)



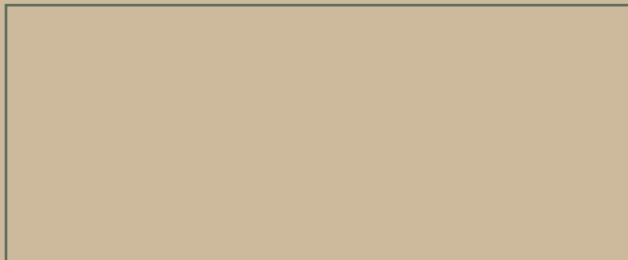
Where can I find additional information on tick-borne diseases?

Ohio Department of Health
Tick-Borne Diseases:
www.odh.ohio.gov/ticks

The Ohio State University Extension
Ticks and Tick-Borne Diseases Fact Sheet:
<http://ohioline.osu.edu/hyg-fact/2000/pdf/2073.pdf>

Centers for Disease Control and Prevention
Tick-Borne Diseases:
<http://www.cdc.gov/ticks/>

Or find your local health department at:
www.odh.ohio.gov or the address below:



Fight the Bite Ohio! Prevent Tick-Borne Diseases

