Tick Bite Protection

Strategies Notes

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Statement Of Purpose: The information presented is for education purposes only. These notes share and educate on tick bite prevention strategies. The information provided is not a substitute for professional medical care, treatment or advice. If bitten by a tick always share strategy and work with your health care team.
Tick Basics Know What Your Are Looking For

- Black legged ticks aka deer tick
  - Ticks crawl, they don’t fly
  - They are common on deer, but also, mice, & birds like ducks, thrush and robins
  - Common are from the size of a pencil top to the size of a pin point. Deer tick nymphs are very small, smaller than is easily visible
  - Ticks are active all year round, NOT JUST SUMMER
  - They are found in cities and suburbs as well as woods and fields
  - Ticks carry many diseases and parasites. 14+ tick borne illness in the US

http://tickencounter.org/tick_identification/tickid_nonflash
Tick Life Cycle & Behavior  Life cycle of Typical Tick. Hosts are listed; humans are potential hosts.

- 3 Full Blood Meals minimum
  - A blood meal can be partial or full, because of this a tick can bite more than three hosts.

- Bites go up when
  - larvae hatch
  - nymphs feed
  - adults feed to breed
Seasonal Activity Based On Stage Of Life Of Black Legged Ticks

Select Environment to minimize contact

- Stay out of Dark Wet Areas
- Take precautions in
  - wooded areas
  - high grass or flowers
  - deer habitat
- Walk in the center of trails.
- Don’t
  - lay in the grass
  - sit on wood piles
  - lean up against trees
  - sit on or lean up against stone walls
Safeguard your family home

- Transform your yard to discourage ticks
- Cedar Bark mulch barrier, ticks don’t like rough surfaces.
- Plant tick deterrent flowers and herbs at the borders of your garden
- Use personal protection inspection and repellents in the protected zone and in the areas kids play.
- Be extra vigilant in wooded areas.
- Teach your kids a consistent practice for yard play.

Make your plantings count

<table>
<thead>
<tr>
<th>Plant Common Name</th>
<th>Scientific Name</th>
<th>Zone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rosemary</td>
<td>Rosmarinus officinalis</td>
<td>2-9</td>
</tr>
<tr>
<td>Rue</td>
<td>Ruta graveolens</td>
<td>4-10</td>
</tr>
<tr>
<td>Wormwood</td>
<td>Artemisia</td>
<td>4-8</td>
</tr>
<tr>
<td>Fleabane Daisy</td>
<td>Erigeron Annuus</td>
<td>2-7</td>
</tr>
<tr>
<td>Chrysanthemums</td>
<td>Dendranthema grandiflora/Pyrethrum</td>
<td>5-9</td>
</tr>
<tr>
<td>Penny Royal (mint family)</td>
<td>Mentha pulegium</td>
<td>5-9</td>
</tr>
<tr>
<td>Mexican Marigold</td>
<td>Tagetes erecta</td>
<td>7-11</td>
</tr>
</tbody>
</table>

Manage Your Exposure - Dress for Success

- Hat, Gloves, Boots or Sneakers
- Long sleeves
- Layer to prevent access
- Light colored for improved visibility
- Tuck undershirt into pants, pants legs into socks
- Tape at ankles and sleeves to block access.
- Consider treated clothing, or a face net as necessary

http://www.tickencounter.org/prevention/protect_yourself
Inspect & remove Check each other Out

- Check yourself, your partner, your kids and animals. Run a lint roller over clothing and gear then check it.
- Dry clothing, hats 20+ minutes on high after use to kill ticks
- After initial skin inspection, shower and check again
- Store non dryable boots and backpacks away from living area.
Tic Removal & Disposal

- If they are walking but have not attached remove directly and contain
- Put on gloves or use tweezers, don’t try to squish
- Bag and tag for testing use a water tight plastic bag or jar
- Bag for trash disposal or burn the tick (no bag)
Herbal Defense

Herbs / Essential Oils With Repellent Properties
• Cedar, Neem, Garlic, Citronella, Lemon, Orange, Cinnamon, Lavender, Peppermint, and Rose geranium

Helpful Links
• Tick Testing  https://www.mass.gov/service-details/tick-identification-and-testing-services
• Homemade EO and Herbal Repellent Formula
  • https://www.farmersalmanac.com/7-natural-tick-remedies-work-27452
  • https://www.cdc.gov/lyme/prev/natural-repellents.html
  • https://medium.com/@holisticaromatherapy/essential-oils-to-kill-ticks-26c182cf3b5b
  • https://oneessentialcommunity.com/diy-essential-oil-bug-repellent-lotion-bar-recipe/
  • https://wellnessmama.com/5170/bug-repellent-lotion-bars