



Tick-borne Illness

How to Prevent Tick-borne Illnesses

What is the Problem?

The most commonly reported vector-borne disease in the US is Lyme Disease.¹ Other prominent tick-borne diseases include Anaplasmosis, Babesiosis, Ehrlichiosis, Rocky Mountain Spotted Fever (RMSF), Southern Tick-associated Rash Illness (STARI), and Tularemia.² These diseases cause a variety of symptoms including fever, headache, vomiting, weakness, confusion, seizures and memory loss.³ Although most of these symptoms can be treated, tick-borne diseases can have a lasting impact, permanently affecting your heart, joints, and nervous system.⁴

Who is at Risk?

Everyone in the continental US is at risk for contracting a tick-borne illness.⁵ However, your geographic location affects the type of illness you may contract.

- Anaplasmosis – Northeast, Upper Midwest, Pacific Coast⁶
- Babesiosis – Northeast, Upper Midwest⁷
- Ehrlichiosis and STARI – Southeast, East Coast⁸
- RMSF – Rocky Mountains states, Southwest, Gulf Coast, Pacific Coast⁹
- Tularemia – Rocky Mountains states, Pacific Coast, Southeast, East Coast¹⁰



Prevention Tips

Follow these simple tips to help your family avoid tick-borne illnesses:

- Remove leaf litter.¹¹
- Clear tall grasses and brush around homes and the edge of lawns.¹²
- Place a 3-ft wide barrier of wood chips or gravel between lawns and wooded areas¹³
- Mow the lawn frequently.¹⁴
- Discourage vector-carrying animals from entering your yard by constructing fences.¹⁵
- Use repellents that contain 20-30% DEET on exposed skin and clothing.¹⁶
- Use products containing permethrin on clothing.¹⁷
- Bathe as soon as possible after coming indoors.¹⁸
- Conduct full-body tick checks after returning from tick-infested areas.¹⁹
- Examine gear and pets for ticks regularly.²⁰



Plan of the Week (POW):

Tick-borne diseases can have a lasting impact on your life, affecting your heart, joints, and nervous system.²¹ **ALWAYS** use repellents, conduct full-body tick checks, and examine gear and pets after returning from tick-infested areas.²² **NEVER** ignore signs of illness including fever/chills, aches and pains, and rashes.²³ If you think you have a tick-borne disease contact your health care provider immediately.

References

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NMCPHC Injury Prevention and Violence Free Living Webpage

<http://www.med.navy.mil/sites/nmcphc/health-promotion/injury-violence-free-living/Pages/injury-violence-free-living.aspx>

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