

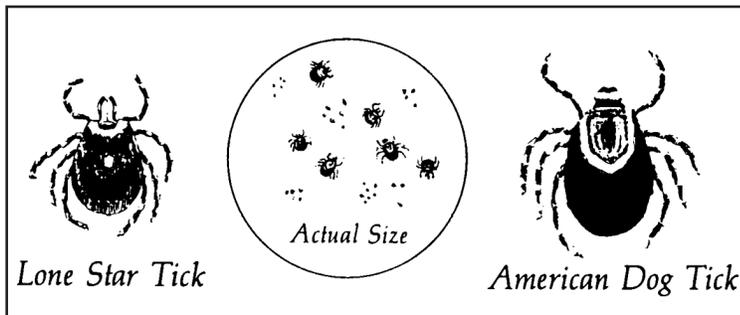


# Ticks

Ticks are commonly encountered in Land Between The Lakes (LBL) from early spring to autumn. Two important species are the Lone Star tick and the American Dog tick. The Lone Star is by far the most numerous, and three of the four life stages (larva, nymph, and adult) readily bite humans. "Seed" ticks are the newly hatched young (larvae) of Lone Star ticks. They appear in late July and persist until a killing frost. Seed ticks are a nuisance because they are tiny, and several hundred can be contacted at one time. American Dog ticks are common in LBL, but only the adults bite humans. Ticks can transmit diseases, so it is important to protect yourself when in the outdoors.

## Prevention

Maintained areas in LBL, such as visitor facilities, campgrounds, and picnic areas are mowed and sprayed for tick control. Chances of encountering ticks in mowed areas are reduced. However, if you venture for even a short distance outside mowed areas, you are likely to encounter ticks and should take the following preventive measures:



1. Wear long pants and tuck pant legs into boots or socks, or tape pant legs shut. Also tuck shirt into pants. These precautions will help keep ticks from reaching the skin.
2. Treat clothing according to label directions with an approved tick repellent containing permethrin. **(Tick repellents are available at LBL and in local stores.)**
3. Check periodically and remove any ticks found on the clothing or body.

Promptly remove attached ticks to greatly reduce the likelihood of acquiring a tick-borne disease. To remove a tick, grasp it near the point of attachment (tweezers or fingers shielded with a paper towel are recommended) and gently pull it off without twisting or jerking. Be careful not to squeeze or crush the body of an attached tick, as this may inject body fluids and disease organisms. Wash the affected area with soap and water and apply a general antiseptic. Ointments containing hydrocortisone will help relieve itching that may occur. If possible, save the tick in a clean vial. If a tick-related illness develops, examination of the tick will help medical authorities.

## Disease

Only a very small percentage of ticks carry disease-causing bacteria. Serious tick-borne diseases include Rocky Mountain spotted fever, Ehrlichiosis, and Lyme disease. Symptoms of Rocky Mountain spotted fever and Ehrlichiosis include sudden and severe onset of headache, fever, aches and pains (like the flu) and a measles-like rash on the wrists and ankles that spreads to other parts of the body. Early Lyme disease symptoms usually include mild flu-like symptoms and a circular rash called the bulls-eye rash. The bulls-eye rash expands over a period of days to weeks and exceeds two inches in diameter. Rashes occurring within several hours of a tick bite or associated scratching are hypersensitivity reactions and are not the bulls-eye rash that signifies Lyme disease. Later Lyme disease symptoms can include soreness and swelling in joints with nervous system and cardiac problems. Lyme disease has now been reported in all southeastern states. Seek medical attention if problems develop within two weeks of a tick bite. Unusual swelling or discoloration, flu-like symptoms, or a rash may indicate an allergic reaction or a tick-borne disease. With early diagnosis, tick-borne diseases can be successfully treated with antibiotics. However, prevention (see above) is by far the best strategy.

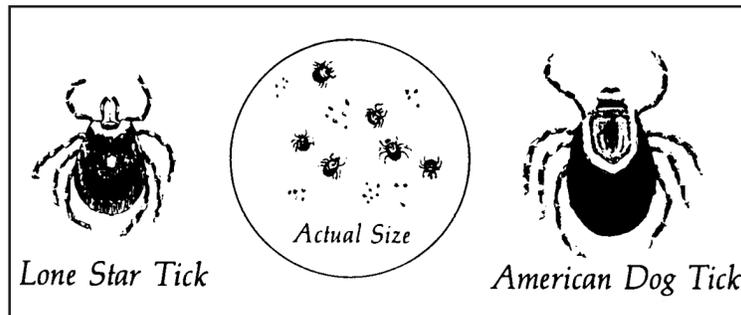
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For more information on LBL write: Land Between The Lakes, 100 Van Morgan Drive, Golden Pond, Kentucky 42211-9001, call 270-924-2000, or visit [www.lbl.org](http://www.lbl.org).



## *Ticks, What Are They?*

Ticks are reddish-brown and flat before ingesting a blood meal. Land Between The Lakes (LBL) has two primary species Lone Star tick - most abundant and American Dog tick. Ticks have four stages in their life cycle. After hatching, each stage requires a blood meal to mature to the next. Animals, birds, and humans provide their meals. Ticks climb onto grass or low shrubs to wait for a host to pass by. Seed ticks, the larval stage of the Lone Star tick, generally are in large clusters. Hundreds may be contacted at one time.



### **What To Do If Bitten**

Tick bites cause redness and itching. Seed tick bites are similar to chigger bites with intense itching and large numbers of bites can occur at one time.

**PULL** tick off gently with tweezers or a paper towel

**CLEAN** area with soap and water

**APPLY** topical hydrocortisone ointment to relieve itching

Ticks can be carriers of several diseases including Rocky Mountain Spotted Fever, Lyme, and Ehrlichiosis. If flu-like symptoms or a rash occur 2 to 12 days after a tick bite, notify a doctor of your exposure to ticks.

### **How To Prevent Bites**

#### **USE MAINTAINED AREAS**

Facilities in LBL are mowed and sprayed for tick control. If you venture outside mowed areas from mid-March to mid-October, please dress defensively and use a tick repellent.

#### **DRESS DEFENSIVELY AND APPLY TICK REPELLENT**

Wear long pants and tuck in your shirt. Spray an approved tick repellent containing permethrin on shoes, socks, and pants according to label directions. Tick repellents are available for purchase at LBL facilities and in local stores.