



Official Website

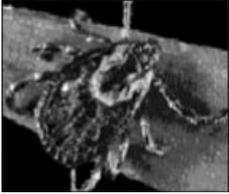
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Ticks

~ Fact Sheet ~

American Dog Tick



The highest risk of being bitten occurs during spring and summer. Dog ticks are sometimes called wood ticks. Adult females are most likely to bite humans.

Lone Star Tick

A very aggressive tick that bites humans. The adult female is distinguished by a white dot or "lone star" on her back. Lone Star tick saliva can be irritating; redness and discomfort at a bite site does not necessarily indicate an infection. The nymph and adult females most frequently bite humans and transmit disease.



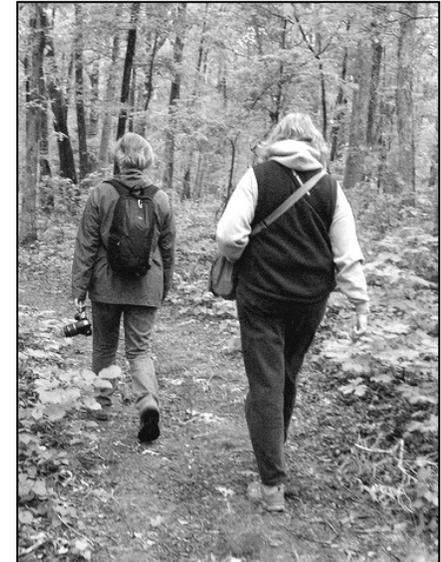
If you've been bitten and suddenly develop headache, fever, aches, pains, a measles-like rash on wrists that spreads, or mild flu-like symptoms and a bulls-eye rash, seek medical attention. With early diagnosis, tick-borne diseases can be successfully treated with antibiotics.

Tricks for Ticks



- Play in the maintained areas that have been mowed and sprayed for ticks, and stay to the middle of trails
- Use tick repellent products like DEET and Permethrin on clothes, gear, and self
- Check yourself periodically and promptly remove any ticks to reduce the likelihood of acquiring tick-borne diseases
- Bathe after coming indoors and conduct a full-body exam
- Use hot water to wash clothes and tumble dry on high heat to kill any remaining ticks on clothing and gear

Land Between the Lakes National Recreation Area Western Kentucky and Tennessee



Tall grass and deer provide the perfect home for ticks. At Land Between the Lakes, we have both. Protect yourself when you go out into the woods. Follow the guidelines in this brochure. For more information, check out the Centers for Disease Control's website at <http://www.cdc.gov/ticks>.

For more information, please contact:

Centers for Disease Control and Prevention
1600 Clifton Road NE, Atlanta, GA 30333
800.CDC.INFO (232.4636)
www.cdc.gov/info

USDA Forest Service

Land Between the Lakes

National Recreation Area
800.525.7077 or 270.924.2000
www.landbetweenthelakes.us



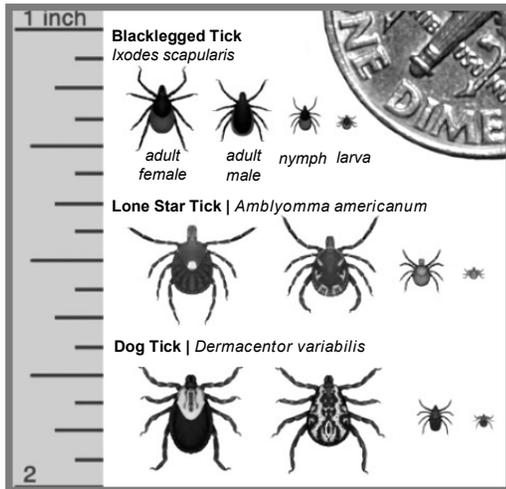
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Tick Facts



Land Between the Lakes National Recreation Area



At Land Between the Lakes, we have two primary species of ticks:

- **Lone Star tick** - most abundant
- **American Dog tick**

Ticks appear reddish-brown and flat before ingesting a blood meal.

Ticks have four stages in their life cycle — eggs, larva, nymph, and adult stages. After hatching, each stage requires a blood meal to mature to the next.

Animals, birds, and humans provide their blood meals. Ticks climb onto grass or low shrubs to wait for a host to pass by them.

Ticks can only crawl.

Seed ticks, the larval stage of the Lone Star tick, generally stay in large clusters. Hundreds may be contacted at one time.

Preventing Tick Bites

While it is a good idea to take preventive measures against ticks year-round, be extra vigilant in warmer months (March-October) when ticks are most active.

Avoid direct contact

- Play in our maintained areas where we mow and spray for ticks
- Walk in the middle of the trail

Repel ticks with DEET or Permethrin

- Spray Permethrin on your shoes, socks, and pants, in addition to any gear and backpacks you'll be carrying
- Spray DEET on exposed skin
- Avoid hands, mouth, and eyes
- Always follow product directions
- Pretreat clothing and gear when possible
- Tuck your pants into your socks or boots to prevent ticks from crawling up pant legs
- Tuck your shirt into your pants
- Check yourself periodically and remove any ticks found on your clothing or body

You can purchase tick repellent at our gift shops, outposts, and at local stores

Tick removal tip: Avoid folklore remedies such as "painting" the tick with nail polish or petroleum jelly, or using heat to make the tick detach from the skin.

Finding and Removing Ticks

Tick bites cause redness and itching.

Seed tick bites are similar to chigger bites with intense itching, plus large numbers of bites can occur at one time.

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

- Bathe or shower after coming indoors
- Conduct a full-body tick check; use a hand-held or full-length mirror
- Examine your gear, clothing, and pets
- Tumble dry your clothes in a dryer on high heat for 10 minutes to kill any ticks on dry clothing and longer if clothing is wet; use hot water to wash clothes

Removing ticks

Promptly remove ticks to greatly reduce the likelihood of acquiring a tick-borne disease.

- Use fine-tipped tweezers to grasp the tick as close to the skin's surface as possible
- Pull upward with steady, even pressure; do not crush
- Wash affected area with soap and water, and apply a general antiseptic. Ointments containing hydrocortisone relieve itching.
- If possible, save tick in a clean, disposable container; if illness develops, examination of tick will help medical authorities.

