



What Every
Nurse Practitioner
Needs to Know About
TICK BITES

Strategies for Avoiding Tick Bites

- ▶ Dress properly—Wear light colored fabrics, long pants tucked into socks, long sleeves, collared shirt.
- ▶ Wear an EPA-registered insect repellent like DEET. Generally, the higher the concentration of active ingredient in the product, the longer the protection time. So, more is not ‘better’, it’s ‘longer’. Keep in mind, however, that protection times may be shorter for repelling ticks than for mosquitoes.
- ▶ Conduct thorough tick checks and shower as soon as possible upon returning inside to remove any unattached ticks. (See next page for removal details.)
- ▶ Washing clothes may not kill ticks, but drying clothing on high will. Some experts suggest putting clothing in the dryer on high as soon as you come into the house after being in tick territory.
- ▶ Use permethrin (an insecticide) on clothing...NEVER on bare skin. Follow label instructions.
- ▶ Avoid tick habitat – note that most tick bites occur close to home.
- ▶ Check family pets for ticks, use vet-recommended tick products on them. Do not use repellents registered for humans on pets.

What Patients Need to Know about Repellents

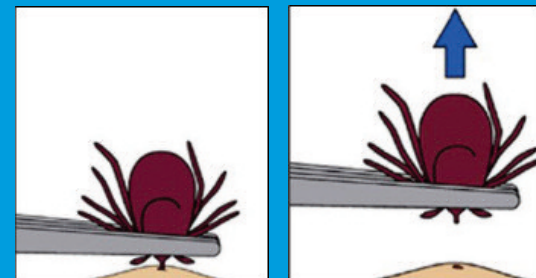
- ▶ DEET (N, N-diethyl-m-toluamide) is an active ingredient registered by the Environmental Protection Agency (EPA) for use in personal insect repellent products formulated for direct application to exposed skin.
- ▶ Concentration means the amount of DEET (the active ingredient) in a repellent product.
- ▶ Read and follow label directions. Apply evenly to all exposed skin and/or clothing (as directed on the product label).
- ▶ Smooth repellent evenly over exposed skin to assure even coverage.
- ▶ After outdoor activity, wash repellent-treated skin with soap and water.

Removing Ticks

- ▶ Always remove the attached tick as soon as possible.
- ▶ Never squeeze ticks or use folklore remedies such as heat or “painting” the tick with nail polish or petroleum jelly to prompt it to detach from the skin.
- ▶ Instruct patients how to remove ticks properly.

Proper Removal Technique

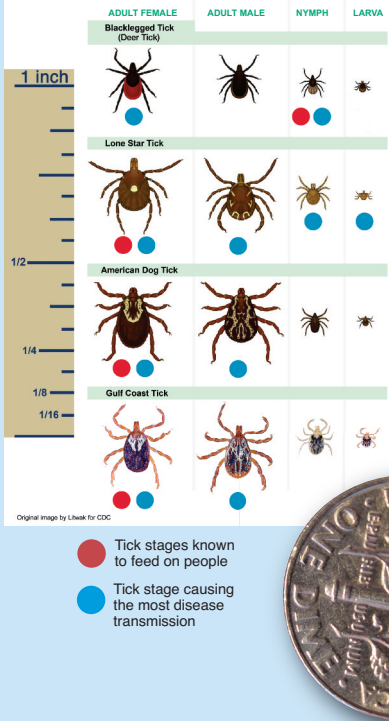
1. Use fine-tipped tweezers to grasp the tick as close to the skin’s surface as possible.
2. Pull upward with steady, even pressure. Don’t twist or jerk the tick. This can cause the mouth-parts to break off and remain in the skin. If you are unable to remove the mouth easily with clean tweezers, leave it alone and let the skin heal.
3. After removing the tick, thoroughly clean the bite area and your hands with rubbing alcohol, an iodine scrub, or soap and water.
4. Place the tick in a vial filled with alcohol to kill it. Squeezing or mangling the tick body can release infectious fluids. Never put it outside or down the drain.



Graphics and guidance from the CDC

TICK-BORNE DISEASES

TICK IDENTIFICATION CHART

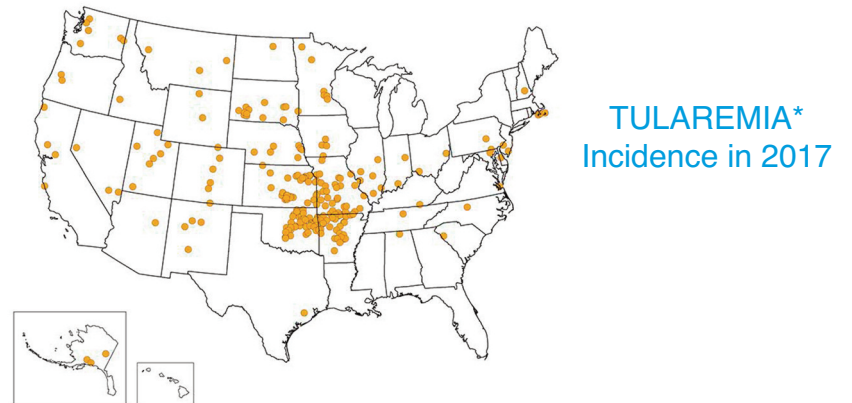
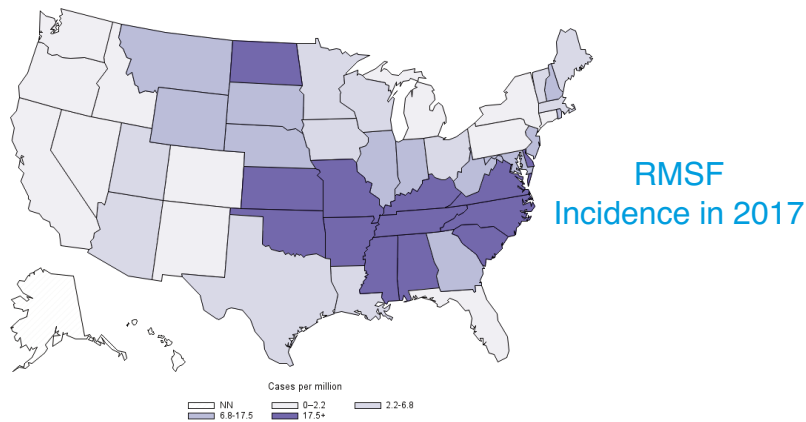
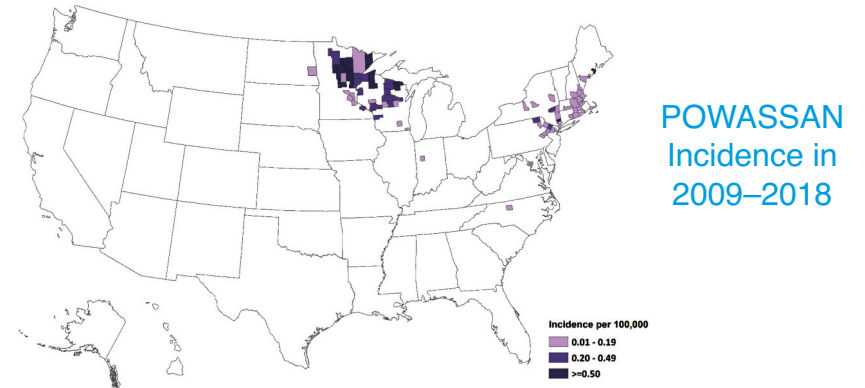
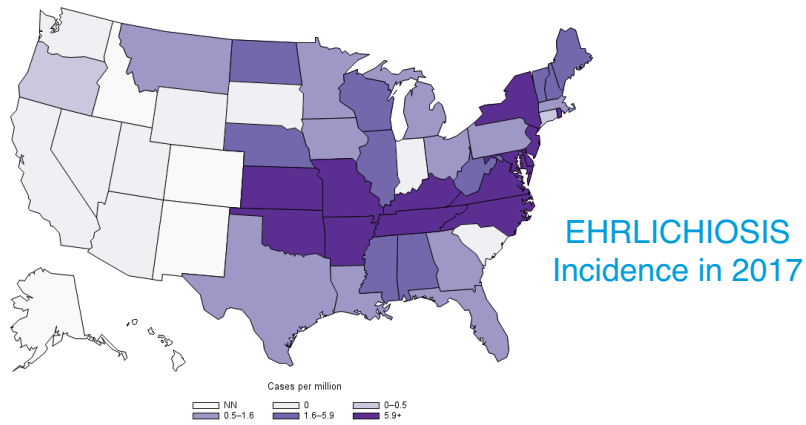
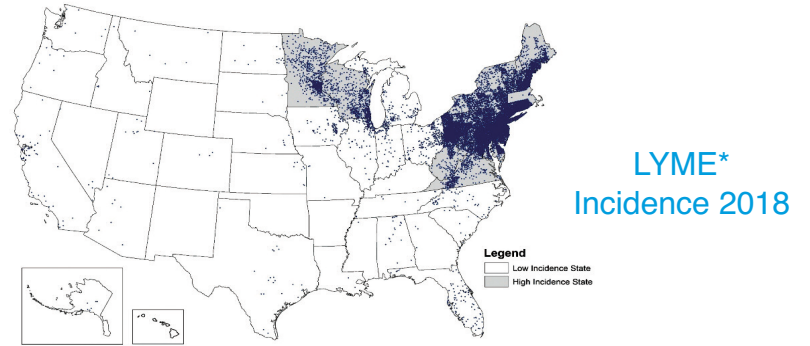
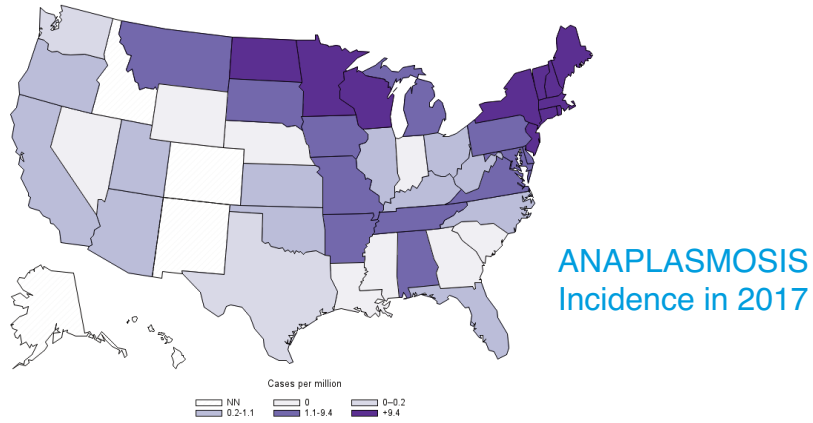


Disclaimer: Provided for information purposes only.

	American Dog Tick	Blacklegged Tick (Deer Tick)	Brown Dog Tick	Groundhog Tick	Gulf Coast Tick	Lone Star Tick	Pacific Coast Tick	Rocky Mountain Wood Tick	Soft Tick	Western Blacklegged Tick
Alpha-gal Meat Allergy										
Anaplasmosis										
Babesiosis										
Borrelia Miyamotoi										
Colorado Tick Fever										
Ehrlichiosis										
Heartland Virus										
Lyme Disease										
Powassan										
364D Rickettsiosis										
<i>Rickettsiosia Parkeri</i>										
Rocky Mountain Spotted Fever										
STARI										
Tickborne Relapsing Fever (TBRF)										
Tularemia										
Geographic Distribution	East of the Rocky Mountains Limited Areas on the Pacific Coast	Northeast and Upper Midwest	Throughout the U.S. RMSF in Southwestern U.S.	Northeastern U.S. Great Lakes Region	Atlantic Coast and the Gulf of Mexico Coastal areas of the U.S.	Southeastern and Eastern U.S. Midwest and Southern U.S.	California	Rocky Mountain States	15 states Rustic Cabins and Vacation Homes	Pacific Coast

What Tick-Borne Diseases Should I Be Concerned About In My Area?

*One dot placed randomly within county of residence for each confirmed case.



Maps from CDC. <http://www.cdc.gov>

MORE INFORMATION

- ▶ **DEET Education Program**
www.RepellentInfo.org
- ▶ **Centers for Disease Control and Prevention**
https://www.cdc.gov/ticks/avoid/on_people.html
- ▶ **Environmental Protection Agency**
<https://www.epa.gov/insect-repellents>



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