

TICKS

Who to Call

- Contact the District at (310) 915-7370 if you would like to have a tick specimen identified
- Contact your doctor if you suspect you have Lyme disease or any other tick-borne disease

Tick Activity

Actual size



- Ticks are found in a variety of habitats in areas with grasses, shrubs, logs or leaf litter
- Each life stage of the tick attaches to an animal for several days to take a blood meal before maturing to the next stage

Nymphal Ticks

- Seek hosts in moist environments within and beneath leaf litter, vegetation, on logs, or fallen branches under trees in oak woodlands
- People are exposed to nymphs while in direct contact with leaves, fir needles, wood, or when sitting on logs or leaning against tree trunks



© Dan Clark, USDI National Park Service, Bugwood.org

Adult Ticks

- Seek hosts by climbing on low vegetation, such as grass and shrubs along trails
- People are exposed to adult ticks during recreational activities or working in various types of grassland or brushland habitats



Ticks in Los Angeles County

Western Black-legged Tick (*Ixodes pacificus*)

- Lyme disease vector
- Adults may be active November through May
- Nymphs may be active March through July



Pacific Coast Tick (*Dermacentor occidentalis*)

- Adults may be active November through July
- Nymphs may be active in spring and summer



American Dog Tick (*Dermacentor variabilis*)

- Adults may be active November through July
- Nymphs may be active from late winter to summer

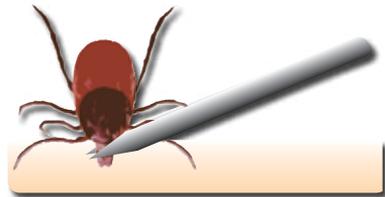


Brown Dog Tick (*Rhipicephalus sanguineus*)

- Household / kennel pest
- Can live its entire life cycle indoors



Proper Tick Removal



- Use tweezers to grasp the tick's mouthparts as close to the skin as possible
- Pull the tick straight out with a firm, steady motion. Do not squish, jerk, twist, or burn the tick.
- Wash hands with soap and water
- Disinfect the bite site and apply an antiseptic
- Save the tick for identification
- A localized reaction or infection can occur where the tick was attached
- Seek medical attention if:
 - Redness or pain develops at the bite site
 - A rash or flu-like symptoms develop within 30 days

PROTECTION FROM TICKS

While Outdoors

- Avoid areas where ticks are known to occur
- Walk in the center of trails, avoiding bushes and grasses alongside trails
- Avoid sitting or lying on the ground, sitting on logs or against tree trunks
- Avoid direct contact with shed leaves, fir needles or wood while gardening, gathering firewood, or wood-cutting



© Wickerwood, Fotosearch

Protective Clothing & Repellent

Wear:

- Light colored clothing
- Long pants & long-sleeved shirts
- Tuck shirt into pants; pants into boots or socks

Repellent:

- Use a tick repellent with permethrin on gear and clothing (as directed on the product label). Permethrin should not be applied directly to the skin. Repellents containing DEET can be applied to exposed skin.
- Consult with your veterinarian to control ticks on pets



© Kakigori, Fotosearch

Tick Checks

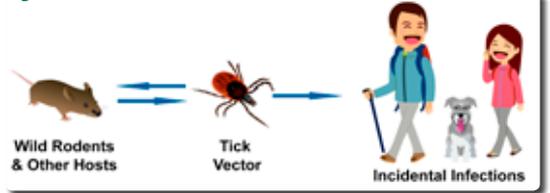
- Do frequent tick checks while outdoors
- Conduct full body tick checks after every hike
- Ticks may remain attached to your body for several days
- Pay close attention to hair line, armpit, back of knees and groin
- Check your pets after they have been outside



© Fotosearch

LYME DISEASE

Lyme Disease



Images: © Fotosearch

Lyme disease is a bacterial infection transmitted by nymphal and adult female western black-legged ticks. Larvae and nymphs may become infected by feeding on wild rodents carrying the Lyme disease bacteria. Lyme disease can be transmitted to humans and other animals when the infected tick feeds in its next life stage.

Early Symptoms of Lyme Disease

Symptoms may disappear but infection may still be present if not treated early

- Flu-like symptoms
- Swollen lymph glands
- Erythema Migrans (EM)
 - Can appear 1- 30 days after an infected tick bite, expand and then disappear
 - Varies in appearance from an expanding “bull’s-eye” rash to a bruise or blotchy rash
 - May not be present in some people, or it may occur on a part of the body that is difficult to see
- Facial paralysis, heart palpitations, or disturbances of heart rhythm



© J. Gathany, CDC



© Dr. Durland Fish

Late Symptoms of Lyme Disease

Can occur weeks, months, or years after infection if not treated early

- Severe headaches; cognitive disorders
- Numbness or tingling in extremities
- Painful arthritis and swelling of joints
- Cardiac abnormalities