

JUST SAY



KNOW

- ★ DRESS PROPERLY
- ★ USE REPELLENTS
- ★ AVOID TICK AREAS
- ★ FIGHT THE BITE!

Don't get sick from the bite of a tick

Fairfax County is home to at least four species of ticks. The Deer Tick, Lone Star Tick, Dog Tick and the Gulf Coast Tick.

- Each tick species can transmit a disease to humans
- Lyme Disease is the most commonly reported tick-borne disease in this area
- Deer ticks transmit Lyme Disease
- Deer ticks are very small and can be hard to identify.
- This dot • represents the size of a tick nymph
- The Deer tick is also known as the Black Legged tick



Prevent Tick-Bites

1. Dress Properly

- Wear light, long, loose clothing
- Tuck pant legs into socks
- Tuck in your shirt
- Pre-treat clothes with .5% permethrin
- Do not apply permethrin to skin
- Always follow label instructions

Don't dress like this!



2. Use Tick Repellent

- Apply 30% DEET (or other approved repellent) to exposed skin



Let Us Identify Your Tick



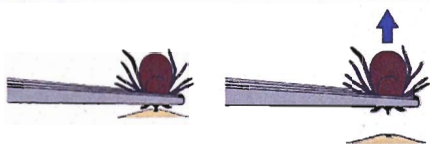
We can help you!

After you remove the attached tick, bring it to our office and we will identify the tick for you.

Fairfax County Health Department
10777 Main Street, Fairfax Va 22030 • 703-246-2300

This free service may help you and your doctor to better evaluate your next steps.

Tick Removal



To remove attached ticks, use the following procedure:

1. Use fine-tipped tweezers or shield your fingers with a tissue, paper towel, or rubber gloves.
2. Grasp the tick as close to the skin surface as possible and pull upward with steady, even pressure.
3. **DO NOT** twist or jerk the tick; this may cause the mouthparts to break off and remain in the skin. (If this happens, remove mouthparts with tweezers. Consult your healthcare provider if infection occurs.)
4. **DO NOT** squeeze, crush, or puncture the body of the tick because its fluids may contain infectious organisms.

Basic Symptoms of Lyme Disease

- Red rash may appear at the site of the bite.
- May become a bull's eye rash.
- Many people experience fatigue, chills, fever, headache, muscle and joint pains.

Fairfax County Health Department
Division of Environmental Health
Disease Carrying Insects Program

703-246-2300 • TTY 703-591-6435
www.fairfaxcounty.gov/fightthebite

This information is available in
alternative formats.



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