Ticks and Lyme Disease

JDSF and surrounding areas are known to have Lyme Disease

Identification

- Blacklegged tick (*Ixodes scapularis*)
  - Adult female
  - Adult male
  - Nymph
  - Larva

Figure 1: Western black-legged tick life-cycle

- Between 1/25 inches to 1/8 inches
- 4 sets of legs
- Dark brownish-black plate on back with red abdomen

Lyme Disease Signs and Symptoms

- Slowly expanding reddish rash – “erythema migrans”
- Fatigue
- Muscle pain
- Flu-like symptoms

Prevention suggestions

- **Dress Tick Smart**
  - Long Pants and long-sleeved shirt
  - Tuck your shirt into your pants
  - Wear a hat
  - Tuck pant legs into socks
- **Consider Repellents**
- **Perform Tick Checks Regularly**
  - Inspect clothing
  - Inspect warm areas such as arm pits, behind the ears, scalp and back of knee
- **Know When and Where Ticks Occur**
  - Most active during winter but occur year around
  - Tall grass and brush
  - Along hiking trails
  - Dense forests
- **Check Your Pets**
  - Talk to your vet

Visit these websites for more information:

Ticks: [http://ipm.ucanr.edu/PMG/PESTNOTES/pn7485.html](http://ipm.ucanr.edu/PMG/PESTNOTES/pn7485.html)
Lyme Disease: [https://www.cdc.gov/lyme/index.html](https://www.cdc.gov/lyme/index.html)

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