Ticks and Lyme Disease

SDSF and surrounding areas are known to have Lyme Disease

Identification

![Western black-legged tick lifecycle](image)

1. Between 1/25 inches to 1/8 inches
2. 4 sets of legs
3. Dark brownish-black plate on back with red abdomen

Prevention Suggestions

1. **Dress Tick Smart**
   - Long pants and long-sleeved shirt
   - Tuck your shirt into your pants
   - Wear a hat
   - Tuck pant legs into socks

2. **Consider Repellents**

3. **Perform tick checks regularly**
   - Inspect clothing
   - Inspect warm areas such as arm pits, behind the ears, scalp and back of knee

4. **Know when and where ticks occur**
   - Most active during winter but occur year-round
   - Tall grass and brush
   - Hiking trails
   - Dense forests

5. **Check 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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