

BE INFORMED

An Ounce of Prevention

Tick checks and the proper use of repellents can effectively lower the risk of getting a tick-borne disease. Repellent products with active ingredients like Deet are for exposed skin. Permethrin is for clothing and footwear. To learn more visit www.capecodextension.org/ticksinsects.

Once Bitten, Take Action!

Prompt removal of an attached tick is highly recommended. The longer the tick is attached the higher the risk of disease transmission. The transmission rate of Powassan virus is 15 minutes. Check yourself, your family, and pets often.

\$15 Tick testing for Cape Cod residents.

Lyme Isn't the Only Concern

Deer ticks can infect people with the microbes that may cause Lyme, babesiosis, anaplasmosis, relapsing fever and Powassan. Lone Star and Dog Ticks can transmit different microbes as well. Learn more by visiting www.capecodextension.org/ticksinsects.



SEND A TICK TO COLLEGE

www.TickReport.com

Cape Cod Cooperative Extension
Larry Dapsis, Entomologist
508-375-6642
ldapsis@barnstablecounty.org

Tick & Insect Management

www.capecodextension.org

HOW TO SUBMIT A TICK FOR TESTING

The Laboratory of Medical Zoology (LMZ) has tested thousands of ticks from all over the country. Having your tick tested couldn't be easier. Just follow five simple steps:

1. Place the tick in a sealable plastic bag.
2. Complete the online submission form at www.TickReport.com. Pay the \$15 fee online with a credit card or enclose a check.
3. Label the bag with the order number assigned by TickReport.
4. Send the tick to:

Laboratory of Medical Zoology
Fernald Hall, University of Massachusetts
270 Stockbridge Rd.
Amherst, MA 01003

5. Your TickReport will be sent to you in 3 business days.



Submit Online Form



Mail Tick



Receive Results



CAPE COD HEALTHCARE



UMASS
AMHERST

LABORATORY of
MEDICAL ZOOLOGY

DON'T LET
ONE BITE
CHANGE YOUR LIFE



SEND A TICK TO COLLEGE

www.TickReport.com

\$15

Tick testing for Cape Cod residents.

2017



TICK REMOVAL

Using pointy tweezers, grasp tick by the head (as shown) and pull straight up. Avoid twisting.



Not all ticks carry disease. Know which species bit you and have the tick tested.



TESTS FOR THE AGENTS CARRIED BY DEER TICKS:

- Lyme
- Babesiosis
- Anaplasmosis
- Powassan
- Relapsing Fever (*Borrelia miyamotoi*)

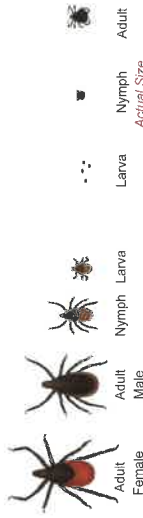
www.TickReport.com

\$15

CAPE COD TICKS

Deer Tick

Also called blacklegged ticks, they can transmit the pathogens that cause Lyme disease, babesiosis, anaplasmosis, Powassan and relapsing fever.



Lone Star Tick

Lone star can transmit the pathogens that cause Ehrlichiosis, STARI and tularemia. In addition, the bite of a lone star tick can cause an allergy to red meat consumption.



Dog Tick

These can transmit the pathogens that cause tularemia and Rocky Mountain Spotted Fever.



What?

Anyone who lives in Barnstable County can submit **ANY** kind of tick and have it tested for **\$15** beginning January 1, 2017.

Cape Cod Healthcare awarded a grant to County Extension to provide subsidized tick testing until the grant is spent.

Who?

Who Should Worry About Tick-Borne Diseases?

Anyone who spends time outdoors! Ticks can be found anywhere where there are bushes, trees, tall grass, shade. Ticks can be active year round when temperatures are above freezing.

Why?

Why Should I Have My Tick Tested?

A TickReport provides real data on what a person was potentially exposed to. This is valuable information for patients, physicians and nurse practitioners.

*\$15 per tick until grant is spent

RESOURCES

Barnstable County Cape Cod Cooperative Extension

Larry Dapsis, Entomologist

p: 508.375.6642

e: ldapsis@barnstablecounty.org

www.capecodextension.org

Laboratory of Medical Zoology

University of Massachusetts

Amherst, MA

www.TickReport.com

p: 413-545-1057

e: support@tickreport.com

Massachusetts Department of Public Health

www.mass.gov/dph/tick

Barnstable County Dept. of Health and Environment

Dierdre Arvidson, Public Health Nurse

p: 508.375.6617

e: darvidson@barnstablecounty.org

www.barnstablecountyhealth.org

ONE BITE CAN CHANGE YOUR LIFE

TICK-BORNE DISEASES ARE PREVENTABLE

Deer Tick Facts

- Tick bites and exposure to disease are preventable.
- Tick bites can cause Lyme disease, Babesiosis, and Anaplasmosis.
- Risk of tick bite is year-round, even in winter when temperatures are above freezing.
- Nymphs pose the highest risk because they are small and difficult to detect.
- Ticks are found on vegetation or leaf litter at the edges of woods.

Tick Bite Prevention

- Wear long, light-colored clothing and tuck pant cuffs into socks.
- Footwear and clothing may be treated with permetherin-based repellents.
- Deet-based repellent may be used on exposed skin.
- Do a tick check after coming inside and tumble-dry clothes.

Tick Removal

- Using pointy tweezers, grasp tick by the head, close to the skin.
- Slowly pull straight up without twisting.
- Apply antiseptic to bite area.



VISIT THESE WEBSITES FOR MORE INFORMATION

www.capecodextension.org
www.mass.gov/dph
www.cdc.gov
www.tickcounter.org
www.barnstablecountyhealth.org



Cape Cod Cooperative Extension
508-375-6690

Ticks of Cape Cod and the Islands

APPROXIMATE ACTUAL SIZES			
			
nymph	female	male	male

Deer Ticks

American Dog Ticks

The risk of getting a tick-borne disease is year round.



Ticks can be active, even in winter, when temperatures are above freezing.