



Safety Tips

A five-minute training Series for Pest Management Professionals.

Ticks

Our work in pest management brings us in very close proximity to various pests. Go figure! Since ticks carry or transmit a whole host of diseases, it is best to attempt to avoid the potential by taking measures to prevent being bitten.

Precautions:

- If possible, avoid walking through long grass or weeds. Thick undergrowth in the woods is also an area where ticks dwell.
- If approved, use tick repellents or at least use an insect repellent that contains DEET.
- Wear long sleeves and pants and button up your shirt collar. Any access area such as cuffs can be taped and pants can be tucked into boots to deter ticks from crawling under your clothing.
- If you have been in a tick infested area, check the outside of your clothing immediately to spot any ticks.
- Once home, shower and inspect for any ticks that may have gotten under your clothing.



Tick Removal:

- Use blunt end tweezers to get as close to the tick head as possible and pull it off with gentle steady pressure. Don't twist or jerk.
- Don't handle the tick with your bare hands or crush the tick after removal. The bodily fluids in the tick can contain the disease organism.
- Wash your hands and the tick bite site after removal. Use an antiseptic on the bite area.

3 Common Tick Transmitted Diseases:

- **Lyme Disease** – spread by the black-legged tick and found mostly along the Atlantic seaboard, the Great Lakes, and in northern CA. Symptoms include the circular red rash at the bite site and flu-like symptoms.
- **Rocky Mountain Spotted Fever** – spread by a number of different ticks, this infectious disease is marked by a rash that resembles the measles accompanied by a high fever and severe headache.
- **Ehrlichiosis** – transmitted by the lonestar tick and the black-legged tick. Left untreated, this organism destroys white blood cells affecting your immune system. There have been a number of deaths from this disease.