

Tickborne Diseases

What are tickborne diseases?

- A disease passed to humans by a tick bite.
- In Alabama, ticks can cause anaplasmosis, babesiosis, ehrlichiosis, Lyme disease, rickettsiosis, Rocky Mountain spotted fever, southern tick-associated rash illness, and tularemia.

What are the symptoms?

- Many tickborne diseases have similar signs and symptoms, which include fever/chills, aches and pains, and rash.
- Rashes may appear as circular, “bull’s eye,” skin ulcer, general rash, or non-itchy spots depending on the disease.
- After being bitten by a tick, symptoms may develop a few days to weeks later.
- If you get a tick bite and develop symptoms, see a healthcare provider for treatment.

How does tickborne disease spread?

- Ticks survive by eating blood from humans and animals.
- If a human or an animal has a bloodborne infection, the tick will ingest the bacteria or parasites while feeding.
- At the next feeding, the tick will pass the disease to next the human or animal.

How do I stop the spread?

- Protect yourself from ticks year-round, but especially from April-September.
- Ticks live in wooded, bushy fields (high grass and leaf litter), and around homes, so avoid wooded and bushy areas. Walk in the center of trails.
- Use insect repellants that contain 20% or more DEET on exposed skin and permethrin on clothing. Parents should apply products to children, avoiding hands, eyes, and mouth.
- After outdoor activity, bathe within 2 hours, conduct full-body check with mirror, and inspect children, pets, clothing, and outdoor gear, such as backpacks.
- Tumble dry clothes on high heat setting one hour to kill missed ticks.

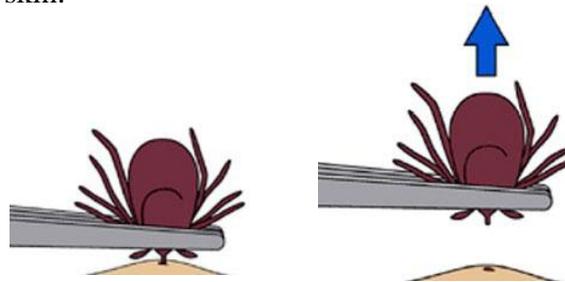
Where can I find more information?

- Go to [cdc.gov](https://www.cdc.gov) and type Ticks in SEARCH box.

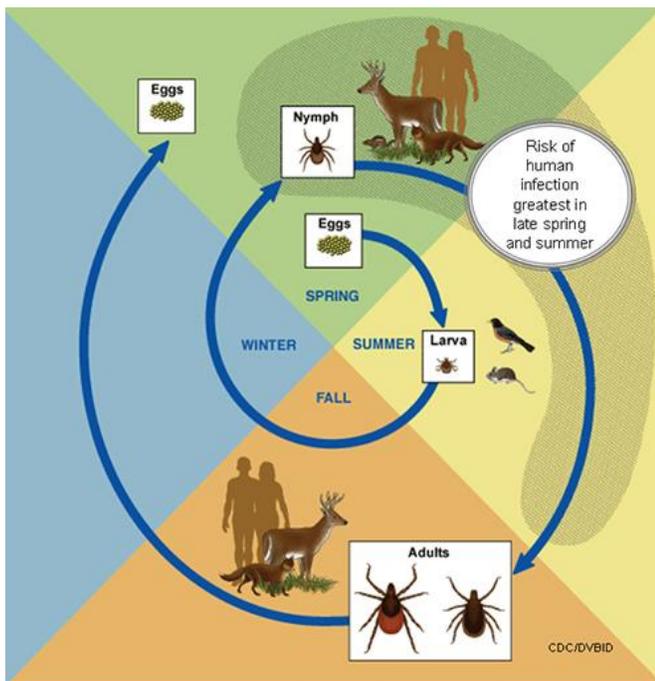


How do I remove a tick?

- Use fine-tipped tweezers to grasp the tick as close to the skin's surface as possible.
- Pull upward with steady, even pressure.
- Do not twist or jerk the tick, because it may cause the mouth to break off and remain in the skin. If this happens, remove the mouth with tweezers.
- If you are unable to remove the mouth easily with tweezers, leave it alone, and let the skin heal.
- After removing the tick, thoroughly clean the bite area and your hands with rubbing alcohol, an iodine scrub, or soap and water.
- Do not paint the tick with nail polish or petroleum jelly, or use heat to make the tick detach from the skin.

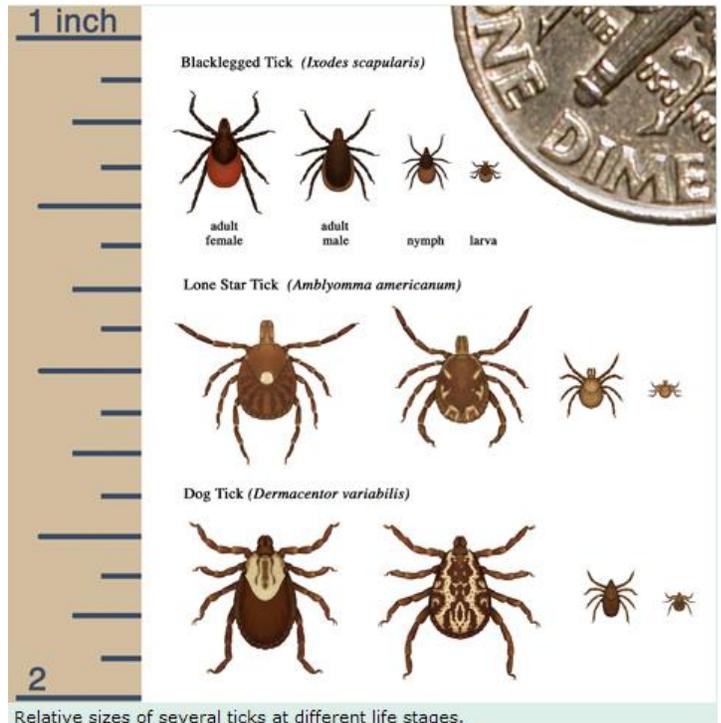


Life Cycle



This diagram shows the life cycle of blacklegged ticks that can transmit anaplasmosis, babesiosis, and Lyme disease.

Common Ticks of Alabama



Relative sizes of several ticks at different life stages.

