

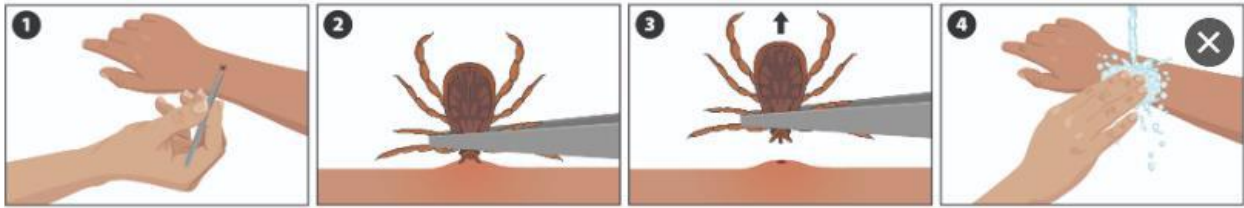
Mitigating Risk from Tick Borne Diseases

Prevention

1. Keep ticks away from house
 - a. Healthy habitats and natural predators
 - b. Keep grassy areas near house mown short
 - c. Remove grass and fallen leaves from immediately around the house
 - d. Consider creating a mulch boundary (attracts ticks in the area to the mulch/cover and away from the house)
2. Repel from your person
 - a. Repellents
 - i. DEET 20-30%, not children under 2 months
 - ii. **Picaridin** 20%, modeled after a molecule in pepper plants
 - iii. Oil of lemon eucalyptus – at least 30% concentration, not children under three years
 - iv. **Permethrin**, on clothing
 - b. Wear shoes, long sleeves and pants when in wooded or grassy areas
 - c. Tuck pants into socks and shirts into pants – ticks are crawling up
 - d. Wash clothes immediately, or put into dryer for 20 minutes
 - e. Shower and scrub body vigorously. Friction will dislodge unattached ticks and chiggers
3. Protect pets
 - a. Use tick repellent year-round
 - i. Check pets on occasion anyway – can get a bad batch or chemistry doesn't work
 - b. Keep pets off the bed
4. Daily tick check – gear and pets
 - a. “tickle checks” for young ones
 - b. Crevices and hair



What to do if bitten



If bitten

1. Save tick for identification and testing if necessary
2. Learn about and track symptoms of Lyme and other infections
 - a. many infections present without rashes
3. See doctor if you experience any symptoms
 - a. Lyme often presents without a rash
4. Consider coinfections
5. If your doctor refuses to test you, find a different one
 - a. some infections are fatal within days, but treatments can be started immediately
 - b. false negatives and false positives can arise, depending on the pathogen and length of infection

Surveillance

- Report to the Virginia Department of Health: <https://www.vdh.virginia.gov/ticks/tick-identification/virginia-tick-survey/>
- Casual tick dragging (do an internet search for materials and design):
 - Drag a white cloth at a rate of “1-mississippi” per step
 - Check front AND back of cloth every 6-10 yards (or ticks jump off/get bumped off)
- Systematic surveillance
 - Join the EREN project Urbanized and Ticked Off: <https://erenweb.org/active-projects/ticks/>

Resources

- Information and Resources
 - <https://www.ilads.org/>
 - https://www.cdc.gov/lyme/prev/on_people.html
- Teach your kids awareness and safety
 - <https://www.loudoun.gov/2907/Resources-for-Children>
 - <https://natcaplyme.org/tickbusters/>
- Diagnosis and support
 - Tick testing: Clongen Lab in Gaithersburg or a university (latter usually free)
 - <https://lymewarrior.us/>
 - <https://www.lymedisease.org/>
 - <https://www.wellcellsvitality.com/>

