

Q&A: Tick-Related Illness

1

What are ticks?

Ticks are parasitic arachnids that survive by feeding on blood. Ticks are found in grass and heavily wooded areas. They attach when a human or animal brushes up against them.

2

What is tick-related illness?

Ticks transmit bacteria, viruses, and parasites that cause illnesses including Lyme disease, anaplasmosis, babesiosis, ehrlichiosis, Powassan virus, and alpha-gal syndrome (red meat allergy).

3

What are the symptoms of tick-related illness?

Symptoms of tick-related illnesses are similar to flu symptoms: fever, chills, muscle aches, headache, fatigue, and rash.

4

What should I do after finding a tick on my skin?

Use your tick removal kit! Grasp the tick by the head or mouth where it entered the skin. Pull upward with steady pressure to remove the tick completely. Wash the area with soap and water and then wash your hands.

5

Can I get sick from a tick bite?

After an embedded tick bite, monitor your symptoms for about 30 days. Keep an eye out for a rash or flu-like symptoms. If you notice any new symptoms, contact your health care provider.

6

How can I prevent tick bites?

When outdoors, use DEET insect repellent and try to stay out of thickly wooded areas or tall grass. Wear long sleeves and tuck your socks into long pants. Always perform tick checks on people and pets after spending time outdoors!



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