

# It's Open Season on Ticks

## Protect yourself from tickborne disease this hunting season

Ticks feed on the blood of animals (such as rodents, rabbits, deer, and birds), but will bite humans too. Ticks live in grassy or wooded areas, or on the animals themselves. Hunting brings you in closer contact with the ticks, so take the proper safety precautions to reduce your chances of being bitten.

- Treat your clothing and gear with permethrin before your hunt (always follow product instructions).
- Tuck your pants into your socks or boots to prevent ticks from crawling up pant legs.



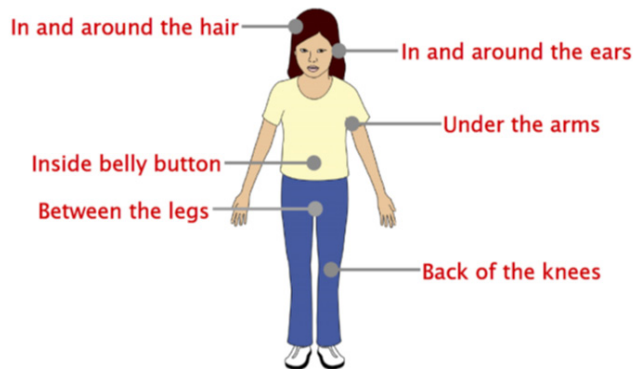
image of Hunters

Ticks can transmit serious and potentially fatal diseases like Lyme disease, ehrlichiosis and tularemia. Many of these illnesses can be treated effectively when caught early, so see your doctor right away if you have a fever, rash or flu-like symptoms after being in tick-infested areas. Frequent tick checks increase the likelihood of finding a tick before it can transmit disease.

- Shower after returning from the outdoors.
- Perform daily tick checks.
- If you see a tick, remove it immediately using tweezers.

If you are feeling ill, or have developed a fever or rash following a potential tick bite, call your doctor immediately.

### Check for ticks:



Perform daily tick checks after returning from tick-infested areas

## How to safely remove a tick:

The best method for removing ticks is to grasp it with tweezers as close to the skin as possible and pull up gently. Never use gasoline, kerosene, petroleum jelly, fingernail polish, or matches to kill or drive a tick out once it has been embedded.

## Ticks and tickborne diseases in the United States:



Images of the most common ticks in the United States

The most common ticks in the United States are the black legged ticks (which can carry the organisms known to cause Lyme disease, anaplasmosis, babesiosis, and Powassan disease), Lone Star ticks (which can carry the organisms that cause ehrlichiosis, tularemia and the Southern Tick-Associated Rash Illness (STARI)), and American dog ticks (which can carry the organisms which cause Rocky Mountain spotted fever and tularemia).

Many tickborne diseases, such as Lyme disease, babesiosis, ehrlichiosis and Rocky Mountain spotted fever can be treated effectively if caught early. Be sure to mention to your doctor any history of tick bites, or outdoor activities where you might have been exposed to ticks. Many people who become ill do not even remember seeing a tick.

*Animals can carry diseases which may affect humans, including brucellosis, tularemia, and rabies. Consider wearing gloves when dressing or butchering game, and wash hands thoroughly afterwards.*

## Remember...on your next hunt, Target the Tick

- Treat your clothing with permethrin
- Tuck pants into boots or socks
- Shower when you return from a hunt
- Perform daily tick checks



Image of tick in a rifle sight

### For more information, please contact:

Centers for Disease Control and Prevention  
1600 Clifton Road NE, Atlanta, GA 30333  
Telephone: 1-800-CDC-INFO (232-4636)/ TTY: 1-888-232-63548  
Email: [www.cdc.gov/info](http://www.cdc.gov/info)

For more information on ticks, visit [www.cdc.gov/ticks](http://www.cdc.gov/ticks)