

Prevention and Control Measures: Tickborne Diseases

Transmission:

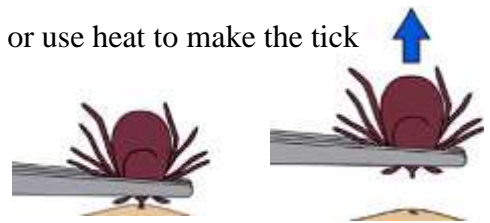
- Tickborne diseases are spread to humans through tick bites. Ticks survive by eating blood from humans and animals. If a human or animal has a bloodborne infection, the tick will ingest the bacteria or parasites while feeding. At the next feeding, the tick will pass the disease to the next human or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

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.

Prevention and Control Measures:

- Protect yourself from ticks year-round, but especially from April-September.
- Ticks live in wooded areas, high grass, and around homes. Avoid bushy or wooded areas.
- 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.
- If ticks are found on skin, make sure to properly remove the tick to avoid potential transmission:
 - 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.



Common Tickborne Diseases in Alabama are Anaplasmosis, babesiosis, ehrlichiosis, Lyme Disease, Rickettsiosis, Rocky Mountain spotted fever, southern tick-associated rash illness, and tularemia

For More Information: Visit [cdc.gov](https://www.cdc.gov) and type [Ticks](#) in the SEARCH box.



Alabama Department of Public Health
Infectious Diseases & Outbreaks Division, 201 Monroe St, Montgomery, AL 36104
alabamapublichealth.gov/infectiousdiseases