

# 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.

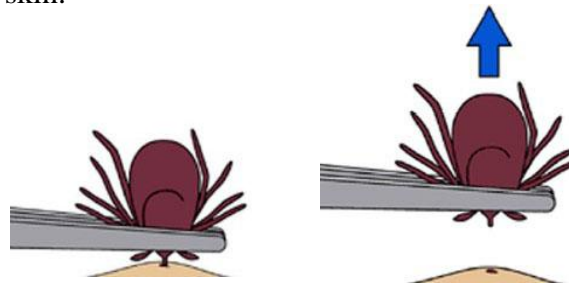
## Where can I find more information?

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

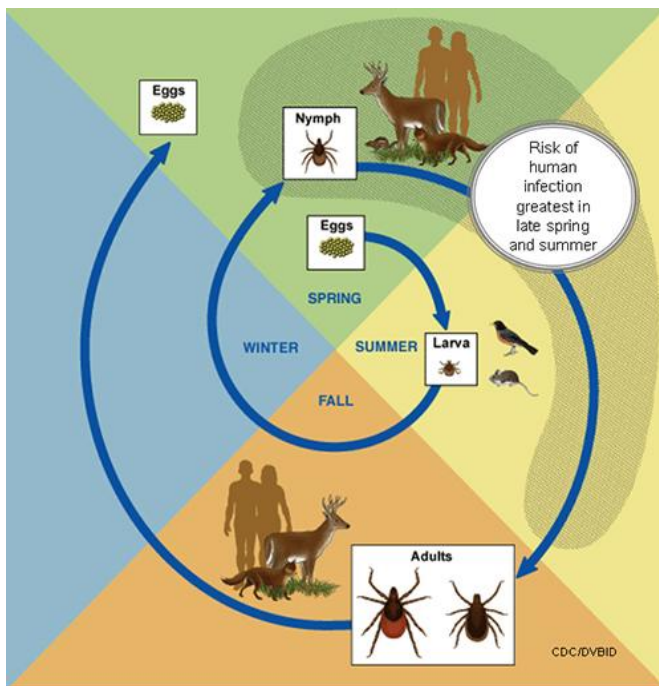


## How do I remove a tick?

- 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.

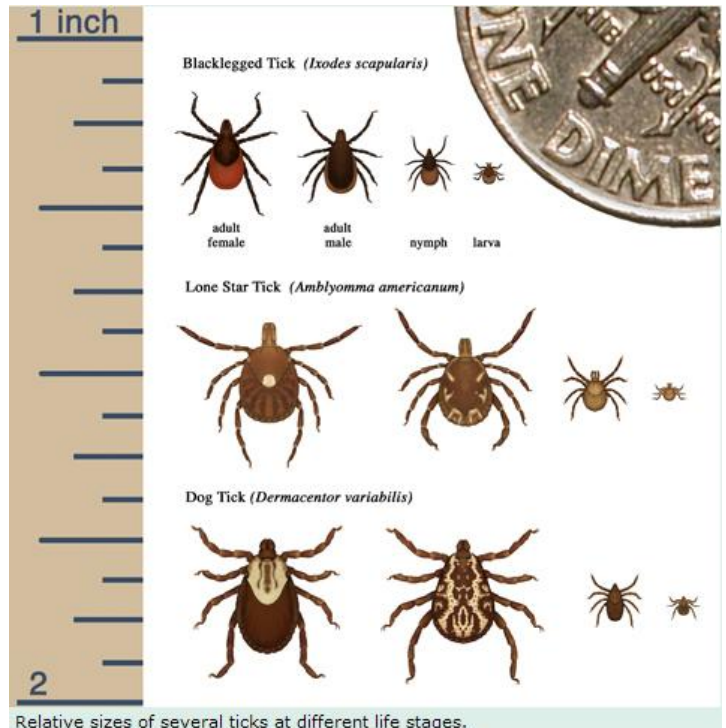


## Life Cycle



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.

