



Ticks are
found
in the forest or
in wild, grassy
areas especially
alongside trails.

Ticks wait at the end
of a piece of grass
or on logs until an
animal or
person
brushes
against
them.



**Some
ticks give germs to
people and pets that
can make them sick.**

**Protect
yourself from ticks!**

When you hike, camp or
play where ticks are
found:

- Wear insect repellent
- Wear light color
clothes so ticks
are easy to see
- Wear long pants and a
long-sleeved shirt
- Tuck your pants into
your socks or boots
and tuck in your shirt
- Stay on trails

Ticks in California

<p>Western black-legged tick <i>Ixodes pacificus</i></p> <p>Actual size</p> <p>Enlarged female</p>	<p>Pacific Coast Tick <i>Dermacentor occidentalis</i></p> <p>Actual size</p> <p>Enlarged female</p>	<p>American Dog Tick <i>Dermacentor variabilis</i></p> <p>Actual size</p> <p>Enlarged female</p>
<p>Engorged adult female ticks after a blood meal</p> <p><i>Ixodes pacificus</i></p> <p><i>Dermacentor occidentalis</i></p> <p><i>Dermacentor variabilis</i></p>	<p>Ticks are found in natural areas that have grasses, shrubs, logs, or leaf litter.</p>	

Scale: 0 to 1/4 inch



a tick check

After you go for a hike or every day if there are ticks where you play:



because ticks are very tiny.

Ask an adult or another person to help you with a tick check.

Check your pets very carefully, too.

How to remove a tick



1. Grab the tick close to your skin with tweezers or a tissue and pull straight out.

2. Wash where the tick bit you.

3. Wash your hands.

4. If you get sick after a tick bite you should go to the doctor.

State of California
Department of Health Services
Vector-Borne Disease Section
(916) 552-9730

Ticks in California can transmit disease.

Ixodes pacificus may carry Lyme disease or anaplasmosis. *Dermacentor* ticks may carry Rocky Mountain spotted fever or tularemia.

Prompt removal of ticks can help prevent disease transmission!

To remove a tick:



- Use tweezers to grab the tick as close to your skin as possible.
- Pull the tick firmly, straight out, away from the skin (do not jerk, twist or burn the tick).
- Wash your hands and the bite site with soap and water after the tick is removed and apply an antiseptic to the bite site.
- See your doctor if you develop a rash or flu-like symptoms within 30 days after a tick bite.

For more information: <http://www.cdph.ca.gov/>
Call: 916-552-9730 or your local health department