Prints available for order at https://ephc.amedd.army.mil/HIPECatalog/

Preventing Tick-borne Illness from Tick Vectors

Symptoms of **Tick-borne Diseases**

Typically appear 3-30 days after tick bite

Common Symptoms:

- Fatigue
- Progressive Weakness
- Chills
- Headaches
- Diarrhea
- Fever-Sometimes Sudden
- Muscle Aches
- Joint Pain
- Dry Cough
- Confusion
- Rash
- Vomiting

This persistent, itchy rash was the result of a blacklegged tick bite. The patient experienced no symptoms other than the rash

These spots look like a rash but are actually itchy welts caused by multiple lone star tick larvae bites

Bulls-eye rashes (erythema migrans) can be an early sign of Lyme disease, but not all cases present with this characteristic rash

Late stage rash in patient with Rocky Mountain spotted fever

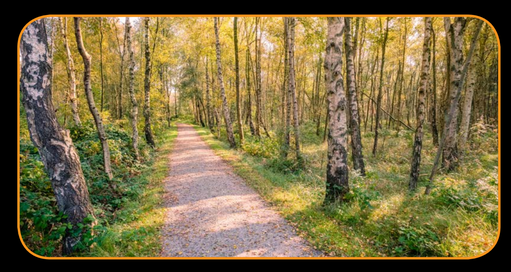
Protect yourself

with repellents & other protective measures

Use of trademarked name does not imply endorsement by the U.S. Army but is intended only to assist in identification of a specific product

Other personal protective measures

Avoid overgrown wooded areas and fields



Wear a hat, long-sleeves, and long pants that are light-colored to better see crawling ticks before they bite

Tuck shirt into pants and pants into boots or socks

After returning from tick habitats, put your clothes into the dryer on hot to kill ticks that may be on your clothing

Repellents

(always read and carefully follow label instructions)

- Apply repellents with **DEET, picaridin**, or **IR3535** to exposed skin
- Treat untreated clothing with **permethrin repellent (0.5%)**
  - Factory-treated combat uniforms are available to all Soldiers
  - Factory-treated civilian clothing is also commercially available
- Use approved tick repellents on your pets

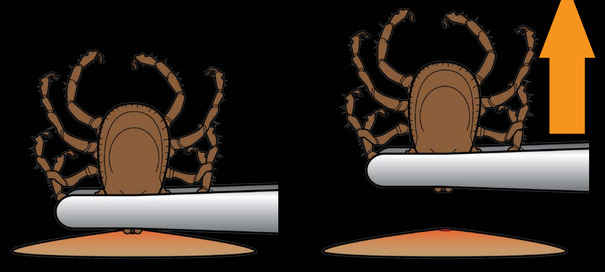
Check for ticks often

- Check yourself often when in tick habitats
- Have a friend or family member help (especially with children) with tick checks
- Continue checking for up to three days after returning from a tick habitat
- Check your pets, their bedding, and interiors of vehicles

Tick check zones

Remove ticks promptly & properly

- Use fine pointed-tweezers to grasp the tick's mouthparts against the skin
- Pull back firmly and steadily until the tick releases
- Be patient – the tick's mouthparts are barbed, sometimes making removal difficult
- **DO NOT** squeeze the tick's body
- **DO NOT** use petroleum jelly, fingernail polish, polish remover, or a lit match
- Wash the wound site and apply antiseptic



Use your smart phone's camera to scan this QR code to locate more information

Submit your tick for testing

To help protect military personnel and their families, the Department of Defense (DOD) Human Tick Test Kit Program offers a free tick identification and testing service for all ticks removed from DOD-affiliated personnel (including Active Duty, Reserve, and National Guard service members; Family members; and Civilians) located CONUS. Ticks removed from pets or ticks found crawling on people are not eligible for submission.

Additional resources

Fact Sheets

- Protect Yourself from Tick-Borne Diseases
- Tick Control Around the Home

Videos

- How to Remove Attached Ticks
- Reducing the Threat of Ticks Around Your Home
- How to Prevent Tick Bites

Use your smart phone's camera to scan this QR code to locate more information

Contact the Entomological Sciences Division for more information on ticks, tick-borne diseases and prevention at 410-436-3613 or email at usarmy.apg.medcom-aphc.mbx.pesticide-hotline@mail.mil

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