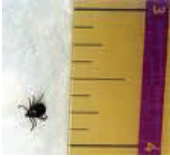


TICK-BORNE DISEASES



If you become ill within 30 days after being bitten by a tick or exposure to tick-infested areas, see your doctor. Tick-borne diseases can be treated with antibiotics, but early treatment is important.

Rocky Mountain spotted fever

- The most common tick-borne disease in Indiana, caused by the bacterium *Rickettsia rickettsii*.
- Symptoms may include high fever, rash (on palms and soles), headache, muscle pain, and sometimes nausea or vomiting.
- Symptoms appear 7-21 days after tick bite.

Lyme disease

- Caused by the bacterium *Borrelia burgdorferi*.
- Early symptoms may include arthritis or meningitis.
- Symptoms appear 3 to 30 days after tick bite.
- Most cases can be treated successfully with a few weeks of antibiotics.

DON'T GET BUGGED BY MOSQUITOES AND TICKS

- Wear light-colored clothing so that ticks can be seen easily and removed.
- Weather permitting, wear long pants, a long-sleeved shirt with tight-fitting cuffs, and a hat when hiking, camping, or visiting tick-infested areas, or when mosquitoes are biting.
- Tuck your pants legs into your socks so that ticks cannot crawl up inside your pants legs.
- When hiking, walk in the center of the trail to avoid overhanging grasses, weeds, and brush.
- Use insect repellent with DEET on exposed skin and products containing permethrin on clothes. Follow label directions. Do not use products that contain more than 10% DEET on children, or more than 30% on adults. Consult a physician before using DEET on infants or pregnant women. Wash treated skin when mosquito and tick exposure has ended.
- Do tick checks frequently during the day and a full body tick check at the end of the day. Use a mirror and check behind ears, knees, underarms and groin. Ask someone to help you check your back and scalp.
- Take a shower and wash your hair before going to bed.
- Do not sit directly on the ground—use a blanket or towel.

UNIVERSITY HEALTH SERVICES
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Mosquitoes And Ticks



And the diseases they spread

DO NOT squeeze the tick, twist the tick, light the tick on fire, or cover the tick in peanut butter, petroleum jelly, nail polish, alcohol, or kerosene. These "home remedies" may increase the chances for transmitting the bacteria and becoming infected with a tick-borne illness.

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NOTRE DAME IN 46556
<http://uhs.nd.edu>

KEEP YOURSELF SAFE

The Creepy Crawly facts



Mosquitoes

- Only female mosquitoes bite
- Not all kinds of mosquitoes bite humans, many only feed on animals.
- Mosquitoes need water to breed. Almost anything that will hold water for one week can breed mosquitoes.
- The mosquitoes that carry West Nile virus do not fly far from where they breed.

Ticks

- Ticks are commonly found in shady areas, moist ground litter, tall grass, brush, low tree branches, and along trails in the woods. They are also found in backyards that back up to woody areas.
- Ticks do not fly or jump.
- Not all ticks carry diseases.
- Ticks must be attached for a few hours to transmit disease.

MOSQUITO-BORNE DISEASES



There are no human vaccines or specific treatments for mosquito-borne viruses. Most infections are asymptomatic or mild, and symptoms go away on their own. Some

people develop swelling of the brain (encephalitis) and require hospitalization.

West Nile virus (WNV)

- WNV is a bird disease that can be spread by mosquitoes to humans and other animals. Horses can become infected with WNV and die.
- Symptoms in humans are usually mild and include fever, headache, and fatigue. It may take several months to recover completely. Some cases result in more serious disease that can include encephalitis, meningitis, paralysis, or death.
- Most cases occur in late summer or early fall.
- People over age 50 are most at risk for developing serious illness if infected.

Eastern Equine Encephalitis (EEE)

- EEE is a bird disease spread by mosquito to humans and other animals. Horses can become infected with EEE and die.
- EEE is a rare disease but it is more severe than WNV.
- People over age 50 and under age 15 are most at risk for developing serious illness if infected.

St. Louis Encephalitis (SLE)

- SLE is a bird disease that is spread by mosquitoes to humans and other animals.
- Symptoms are usually mild, but severe cases can cause encephalitis and/or death.
- Infants and those over age 50 are most at risk for developing serious illness if infected.

LaCrosse Encephalitis (LAC)

- LAC is a disease of small mammals spread by mosquitoes to humans.
- It is usually a mild disease with fever, headache, nausea, and /or vomiting.
- Children under age 16 are most susceptible to LAC.

How to Remove a Tick

“Grasp the tick as close to the skin surface as possible with fine-tipped tweezers. Pull the tick straight out slowly. Wash and treat the bite area with a disinfectant .”

