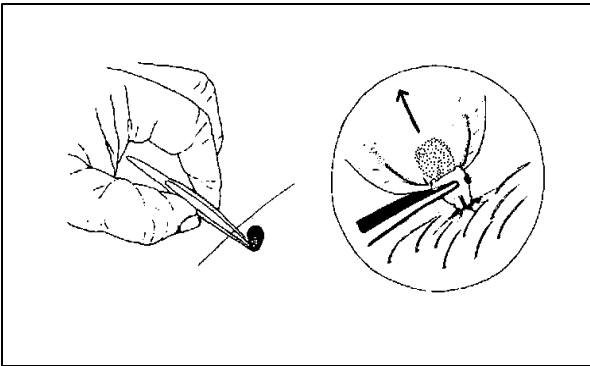


Tick Tips

During the spring and summer ticks appear in brushy areas of Spokane County and the surrounding region. Ticks embed their mouth parts in the skin of people and their pets. Ticks can potentially transmit a variety of diseases, including Rocky Mountain Spotted Fever, Tick Paralysis, Lyme Disease, and Relapsing Fever.

Inspect for ticks at least twice a day when in brushy areas. Pets should get the same attention. Although insect repellent and proper clothing provide some protection, ticks often find some accessible body area (scalp, ankles, beltline, etc). To be safe, inspect the body for ticks.



Remove an embedded tick using tweezers or gloved hands. Grasp the tick's head gently as close to the skin as possible and pull with a steady, gentle motion until it releases. **Caution:** Do not grasp the tick by its body. This could cause the tick to transmit disease to the victim.

Wash the bite area thoroughly with soap and water and apply an antiseptic. Then carefully wash your own hands with soap and water. If possible, save the tick in a closed container. To maintain moisture, include several blades of grass with the tick. Ticks may be stored this way, preferably refrigerated (**not frozen**) so they do not become dried up.

Keep a record of the date and location of the tick contact. Should any unusual signs of illness develop within 14 days, such as fever, muscle pain and weakness, severe headache, or rash, consult your physician. Inform your doctor of the tick bite to alert him to possible tick-borne infections, and provide him with any tick specimen you may have saved. If no illness occurs within two weeks, discard the tick.

Repellants: If ticks are abundant, you can treat your clothing (not your body) with a repellent. The most common tick repellents contain DEET (diethyl-m-toluamide), or the insecticide permethrin 0.5%. Treat your clothing from the ground up to the waist (shoes, socks, pants). Allow clothes to air dry before wearing. **Caution:** DEET concentrations exceeding 30% are not recommended, especially for children. Permethrin 0.5% is an insecticide and is recommended for adult use only.

Tucking your pant legs into your socks makes a continuous "seal" that prevents ticks from reaching your skin. Wearing very light-colored socks and pants enables you to spot and remove ticks as they crawl up the outside of your clothing.

