**Tick Fact Sheet**





**3 Tick Species**

Cape Cod is home to 3 species of ticks that carry diseases that can infect humans.

* Deer tick or blacklegged tick
* Wood tick or dog tick
* Lone Star tick

**Deer ticks are the only tick that carries Lyme disease!**

The other ticks are still health threats, but it is less likely they would carry a disease.

**Tick Habitats**

You are most likely to be bitten by a tick in your backyard.

Ticks prefer:

* Tall grass and beach grass
* Piles of leaves
* Areas under shrubs and other plants

**Protect Yourself from Ticks**

When spending time in tick habitats:

* Wear insect repellent
* Wear light colored clothes because it is easier to see ticks
* Wear long pants and a long-sleeved shirt
* Tuck pants into socks or boots and tuck in your shirt

**Check Yourself for Ticks**

Ticks are small and can be difficult to find. Use your fingers to feel your skin. Ticks usually feel like a small scab that wasn’t there before. Because they like warm dark places be sure to check:

* Hair
* Back of the neck
* Ears
* Armpits
* Behind the knees
* Between the toes

**What to do if you find a tick on you OR you have any of the following symptoms**

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Description generated with high confidenceA sign on a pole

Description generated with high confidence

There are several tickborne diseases found on Cape Cod. Among them are Lyme Disease, Ehrlichiosis, Anaplasmosis, Babesiosis, Rocky Mountain Spotted Fever, Tularemia, Southern Tick-Associated Rash Illness (STARI), red meat allergy, and Powassan Virus.

**Common symptoms of these illnesses include:**

* Rash (may look like a bull’s eye or a pink, raised, expanding circle)
* Fever
* Joint and muscle pains
* Headache
* Chills
* Fatigue
* Swollen lymph nodes
* Mood swings
* Difficulty concentrating or multitasking
* Muscular twitching
* Difficulty sleeping

**If you remove a tick from your child or notice one or more of the above symptoms you should:**

1. Safely remove the tick with tweezers. Disinfect the bite site and your hands.
2. Circle the date on the calendar.
3. Keep track of any symptoms.
4. Contact your doctor to schedule a visit.
5. Send the tick to UMass Amherst (directions at [www.tickreport.com](http://www.tickreport.com)) for tickborne disease testing. Testing is subsidized for Cape residents.

For further questions contact Barnstable County Department of Health and Environment Public Health Nurse (508) 375-6617 or Anna Peterson for tick information resources (508) 375-6964.