

**Tick Safety Information from Rutgers University, New Jersey Dept. of Health and the CDC**

**When are ticks active and how do tick-borne diseases spread?**

Ticks could be active year round with peak times listed below.

Tick-borne diseases are not spread between two people, but rather rely on ticks for transmission.

**What are the symptoms of tick-borne diseases?**

Early signs of tick-borne diseases generally include:

Skin rash, general tiredness, fever and/or chills, headache, stiff neck, muscle aches, joint pain, dizziness.

**How are tick-borne diseases diagnosed?**

It is important to watch for symptoms, talk to your healthcare provider and be sure to let them know you had a tick bite. If you've been bitten by a tick, early treatment can be very effective.

**How can tick-borne diseases be prevented?**

Anyone who is bitten by an infected tick may get a tick-borne disease. Helpful hints include:

- Take extra precautions in the summer when ticks that transmit diseases are most active
- When outdoors, apply EPA-registered insect repellent on exposed skin and clothing according to the instructions on the product label. DEET and picardin may be used on skin. Permethrin should only be used on clothing and outdoor gear
- Cover up; wear long, solid and light colored clothing with pants tucked into socks. Perform tick checks
- Safely remove any found ticks

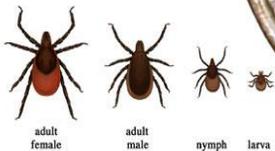
**Where can I find more information about tick-borne diseases?**

- Rutgers, Tick and Tick-borne Disease, Information for Residents: <https://njaes.rutgers.edu/tick/>
- New Jersey Department of Health Communicable Disease Service: <http://www.nj.gov/health/cd>
- Centers for Disease Control and Prevention (CDC): <http://cdc.gov/ticks/diseases/>

**Ticks Common in New Jersey**

**Blacklegged Tick**

Blacklegged Tick (*Ixodes scapularis*)



**Peak Times**

Nymph: May to August  
Adults: October to May

**Potential tick-borne diseases**

Lyme disease  
Anaplasmosis  
Babesiosis  
Powassan

**American Dog Tick**

American Dog Tick (*Dermacentor variabilis*)



Adults: April to August

Rocky Mountain Spotted Fever  
Tularemia  
Tick paralysis

**Lone Star Tick**

Lone Star Tick (*Amblyomma americanum*)



Nymphs: May to August  
Adults: April to August

Ehrlichiosis  
Tularemia  
Meat Allergy (Alpha-gal)



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## ***Rutgers New Jersey Agricultural Experiment Station Cooperative Extension of Ocean County***

*Programs provide research-based information for our county residents in the areas of 4-H Youth Development, Agriculture and Natural Resources, Family and Community Health Sciences, Lawn & Garden, and Marine Resources.*

### **Rutgers New Jersey Agricultural Experiment Station Cooperative Extension of Ocean County**

Telephone Number: 732-349-1246  
Hours: 8 AM to 4:30 PM

#### **Helpline Services**

Telephone Number: 732-349-1245  
Hours: April through September - 9 AM to 3 PM  
October through March - 9 AM to 12 PM

#### **Tick Identification** (Bring Tick to Agricultural Center between 9 AM and 3 PM)

*Do not put ticks on tape. Ticks should be in a sealed container/plastic bag with a small piece of moist paper towel.  
(After hours a drop box is available for tick submission in a sealed baggie with name, address, and telephone number)*

Hours: March through October - 9 AM to 3 PM  
November through February - On an as needed basis

#### **Diagnostics**

*Best sample is usually one piece that shows good to bad; sample should be 12 inches*

Hours: 9 AM to 3PM  
Email pictures of problem: oceanag@njaes.rutgers.edu



### **Internet Addresses**

#### **Rutgers New Jersey Agricultural Experiment Station Cooperative Extension of Ocean County**

Website: <http://ocean.njaes.rutgers.edu>

#### **Rutgers Master Gardeners of Ocean County**

Website: [www.mgocinc.org](http://www.mgocinc.org)

#### **Rutgers Fact Sheets**

Website: [www.njaes.rutgers.edu/pubs](http://www.njaes.rutgers.edu/pubs)

#### **Generic Google search for edu websites** (edu and gov website data is research-based)

Extension publications/topic (e.g. extension publications/hydrangea)