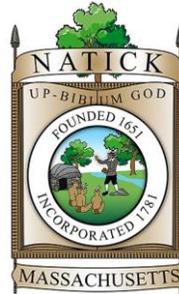


Life cycle of blacklegged (Deer) ticks that can transmit anaplasmosis, babesiosis, and Lyme disease.

For more information,
contact the
Natick Board of Health:

(508)647-6460

www.natickma.gov/health



Tick-borne Diseases



Did You Know...

- Tick-borne disease can be found in every county in Massachusetts
- There were 73 cases of tick-borne disease in **Natick** in 2016, including:
 - 68 Lyme Disease
 - 2 Anaplasmosis
 - 3 Babesiosis

*Additional information can also
be found through the*

*Massachusetts Department
of
Public Health*

*Centers for Disease Control
and Prevention*

www.mass.gov/dph

www.cdc.gov/ticks/diseases

How to Protect Yourself

*Brought to you by the
Natick Board of Health*

Background

Ticks carry pathogens that can cause human disease such as Lyme disease, Anaplasmosis, Babesiosis and Ehrlichiosis.

When an infected tick bites a person, there is the likelihood of human disease.

The most common symptoms of tick-related illnesses are:

- Fever and chills
- Aches and pains
- Headache
- Fatigue
- Muscle aches
- With Lyme Disease you may also experience joint pain and rash

Bull's Eye Rash of Lyme Disease



February 2011

Protect Yourself

Tick-borne diseases can be prevented by following a few simple steps:

- Check yourself daily for ticks
- Stick to main pathways while hiking
- Wear long-sleeves and tuck long pants into socks
- Use tick repellent containing DEET



Protect Your Property

- Keep grass cut short
- Remove leaf litter from around your home
- Prune low lying bushes
- Use a 3 foot woodchip, mulch or gravel barrier where your lawn meets the woods

Remove attached ticks Immediately

The longer an infected tick remains attached to a person, the higher the likelihood of disease transmission.

- Use fine-tipped tweezers to grasp the tick as close to the skin's surface as possible.
- Pull upward with steady, even pressure. Don't twist or jerk the tick; this can cause the mouth-parts to break off and remain in the skin. If this happens, remove the mouth-parts with tweezers. If you are unable to remove the mouth easily with clean tweezers, leave it alone and let the skin heal.
- After removing the tick, thoroughly clean the bite area and your hands with rubbing alcohol, an iodine scrub, or soap and water.
- Dispose of a live tick by submersing it in alcohol, placing it in a sealed bag/container, wrapping it tightly in tape, or flushing it down the toilet. Never crush a tick with your fingers.

