

Deer Ticks Management: What Can You Do for Protection and Prevention?

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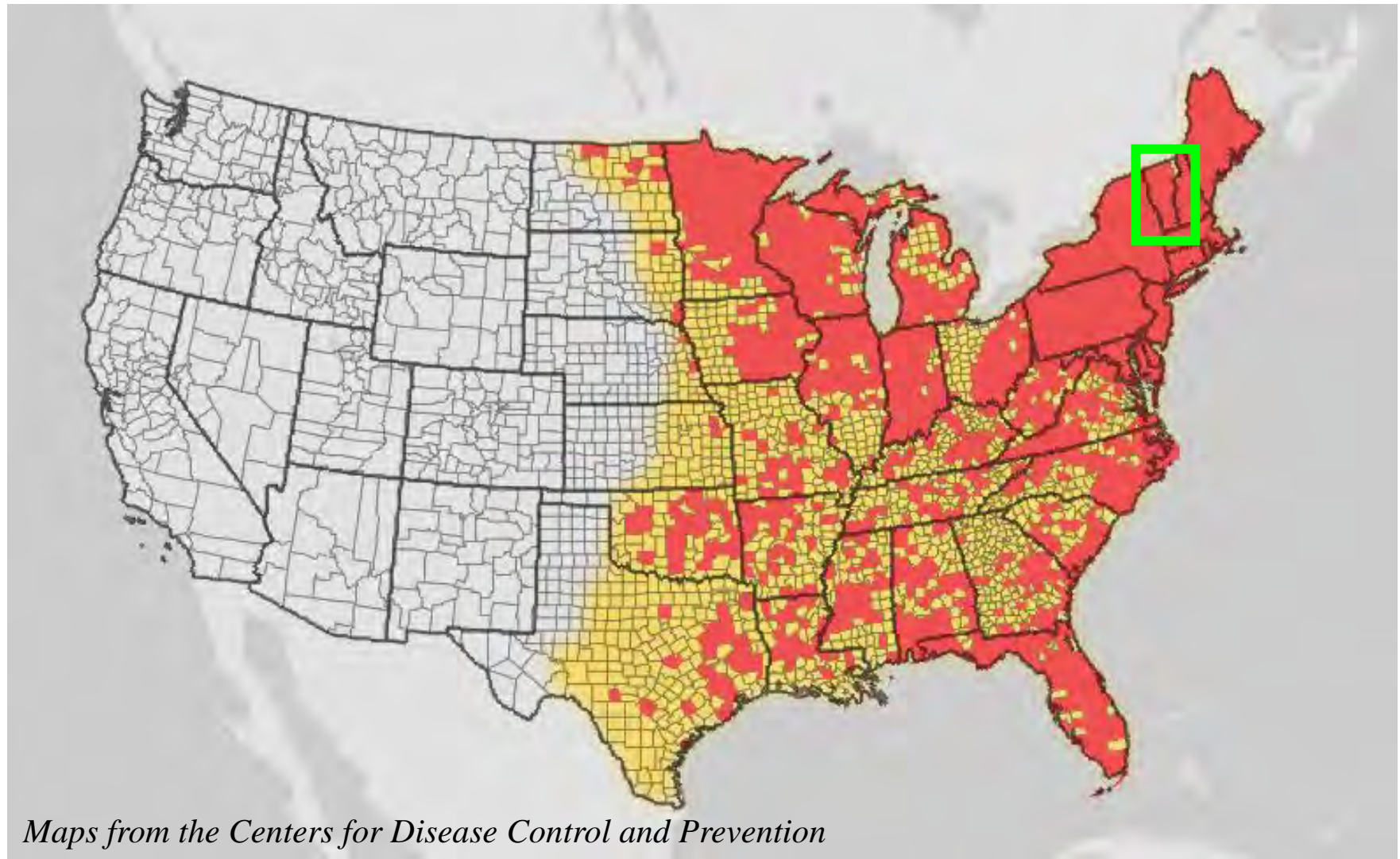
<https://www.uvm.edu/~uvmticks/>

September 10, 2024



Blacklegged Tick (Deer Tick) Surveillance

- *Ixodes scapularis*, commonly known as blacklegged or deer ticks
- Transmits Lyme disease, anaplasmosis, babesiosis, and Powassan virus disease

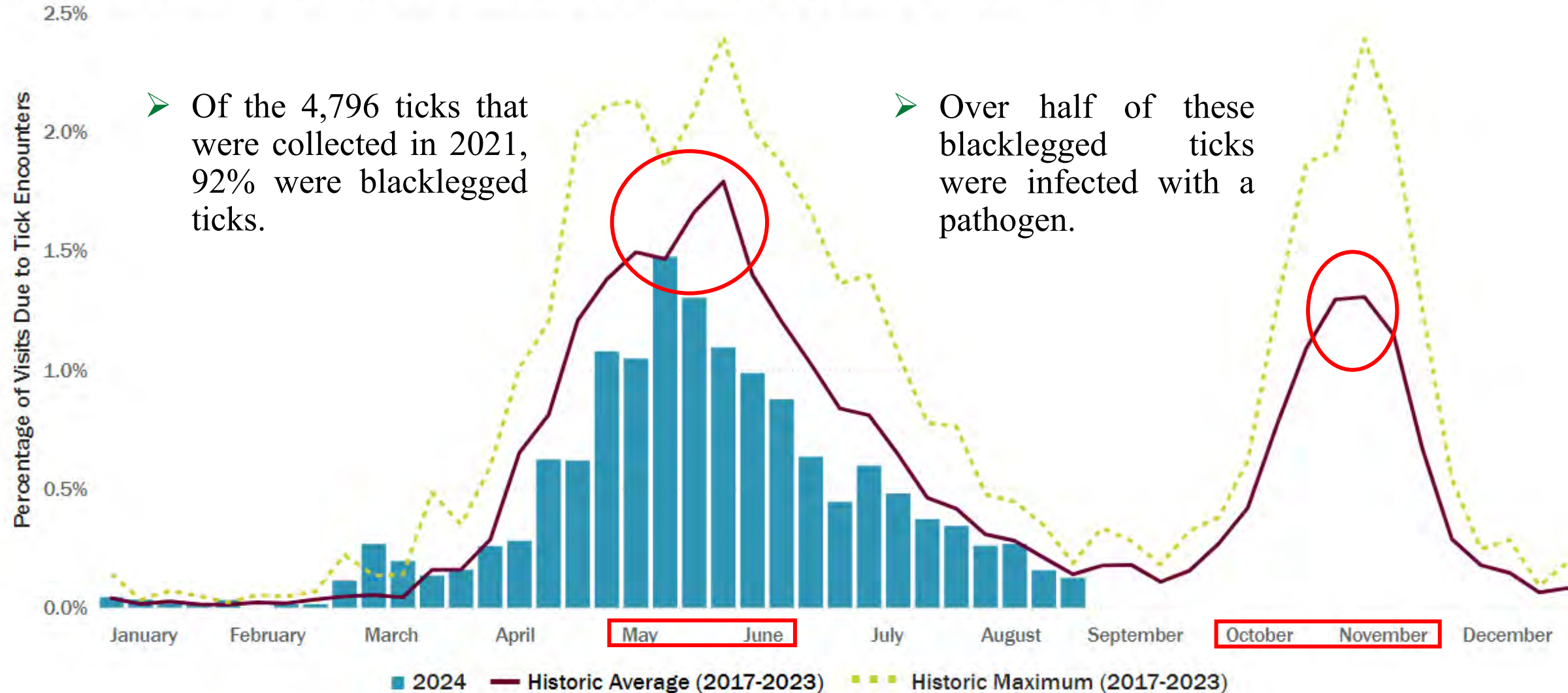


- County Confirmed to Have Deer Tick Population
- Estimated Distribution of Deer Tick

Blacklegged Tick Activity in Vermont

Vermont Emergency Room & Urgent Care Visits for Human Tick Encounters

Tick encounter = any visit due to tick-related issues such as a recent tick bite or a request for tick removal



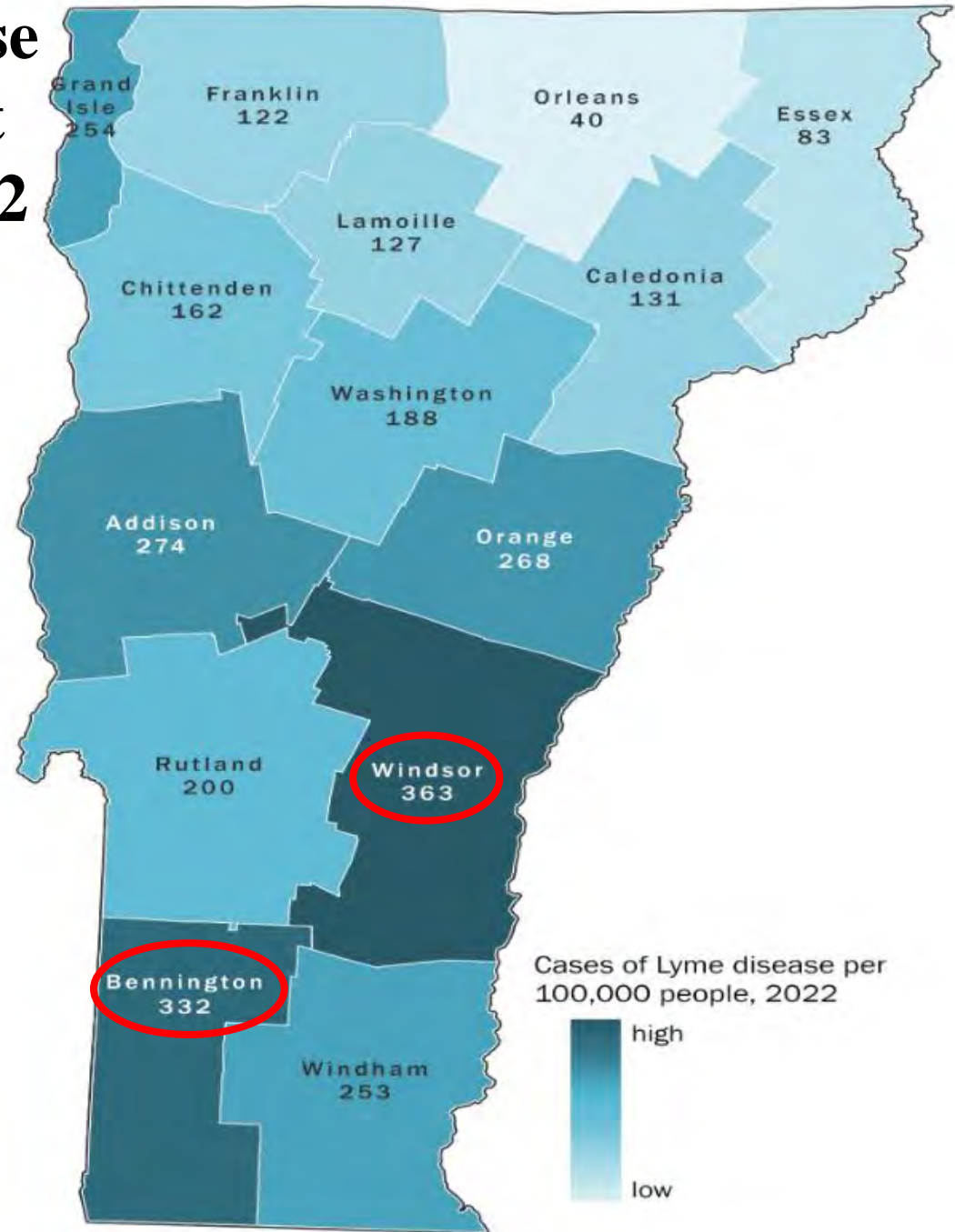
2001



Lyme Disease in Vermont 2001 → 2022

- Low incidence
- High incidence
- 1 Dot = 1 case of Lyme disease

2022



Lyme Disease Symptoms



Early Signs (3-30 Days After Bite)



Fever



Headache



Fatigue

Later Signs



Irregular Heartbeat



Dizziness



Bull's eye

NOT ALWAYS A BULL'S-EYE



The Lyme disease rash may not always look like a bull's-eye shape.

Look for a rash that **expands slowly in size**.

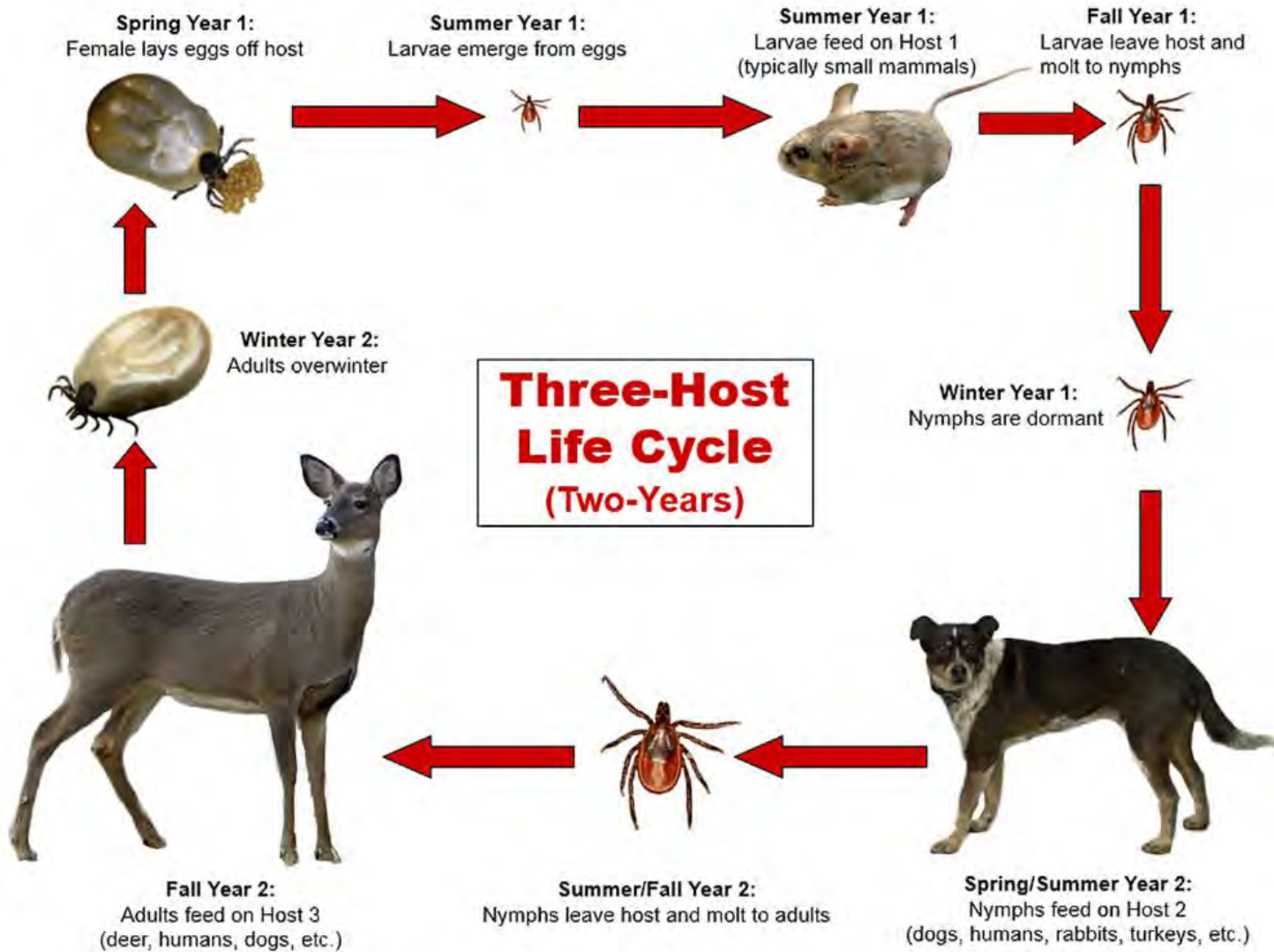
There may be a little redness at the site of a tick bite. **This is not the bull's-eye rash.**



Black Legged Tick Life Stages



Two-Year Life Cycle of Deer Ticks



- **Year 1 (Spring):** Eggs
- **Year 1 (Summer):** Larva
- **Year 1 (Fall, and Winter):** Nymph
- **Year 2 (Spring, and Summer):** Nymph
- **Year 2 (Fall, and Winter):** Adults

Effective Deer Tick Prevention

Before Outdoor Activities

- Wear appropriate clothing
- Tuck pants into socks
- Apply EPA (Environmental Protection Agency)-registered repellents to your clothes
- Walk in the center of the trail

After Outdoor Activities

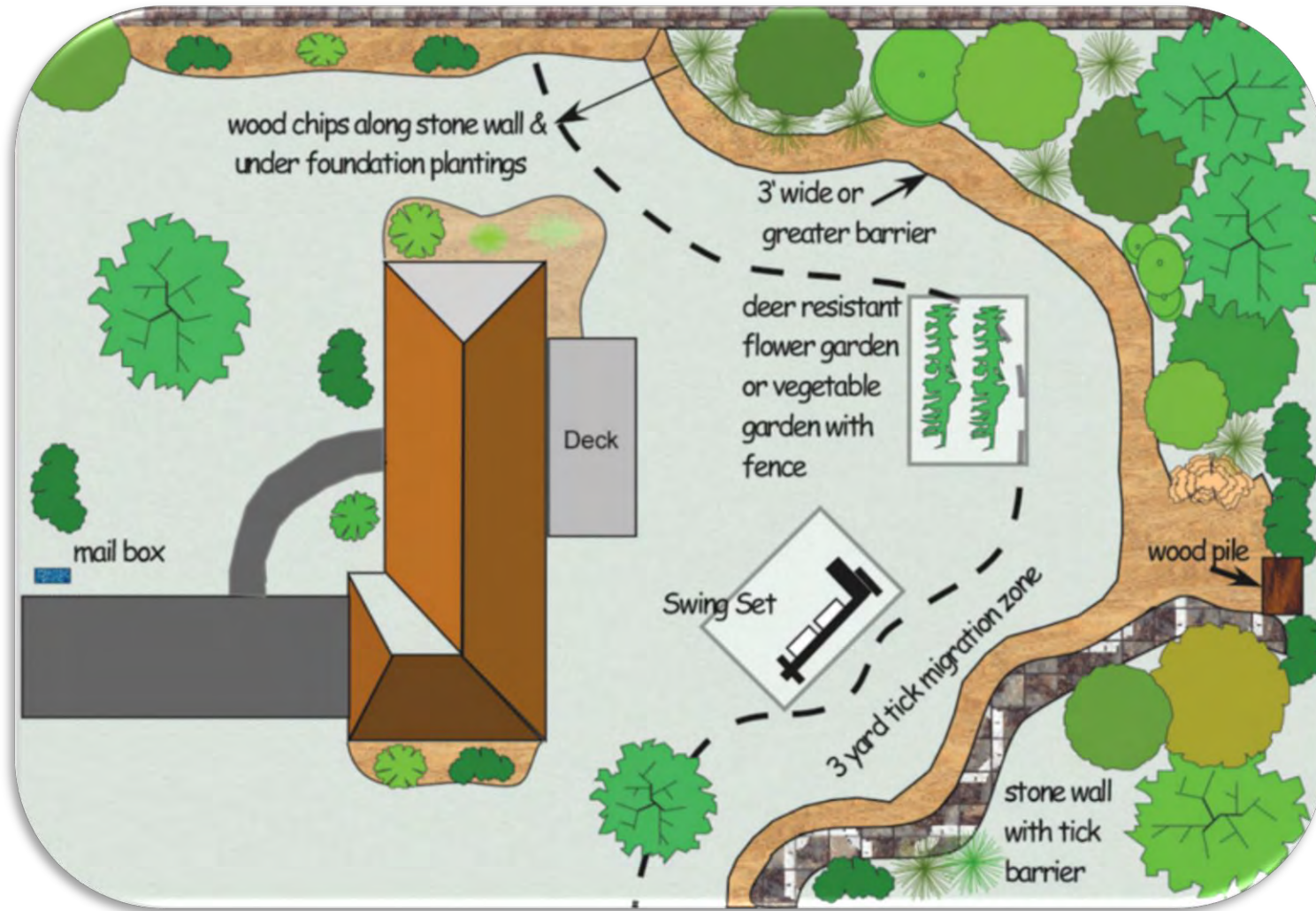
- Check your clothing, gear, and pets for ticks before going inside
- Check your body and your child's body
- Take a shower
- Put clothes in the dryer on high heat



Landscape Factors Affecting Deer Tick Populations

- Clear tall grasses and leaf litter
- Trim tree branches and shrubs around the lawn edge
- Mow the lawn frequently
- Keep playground equipment and patio furniture away from yard edges and in a sunny location
- Use deer resistant fences





- Add a 3-foot wide barrier of wood chips or gravel between lawns and wooded areas
- Stack wood neatly in a dry area
- Keep wood piles away from house and brush-free

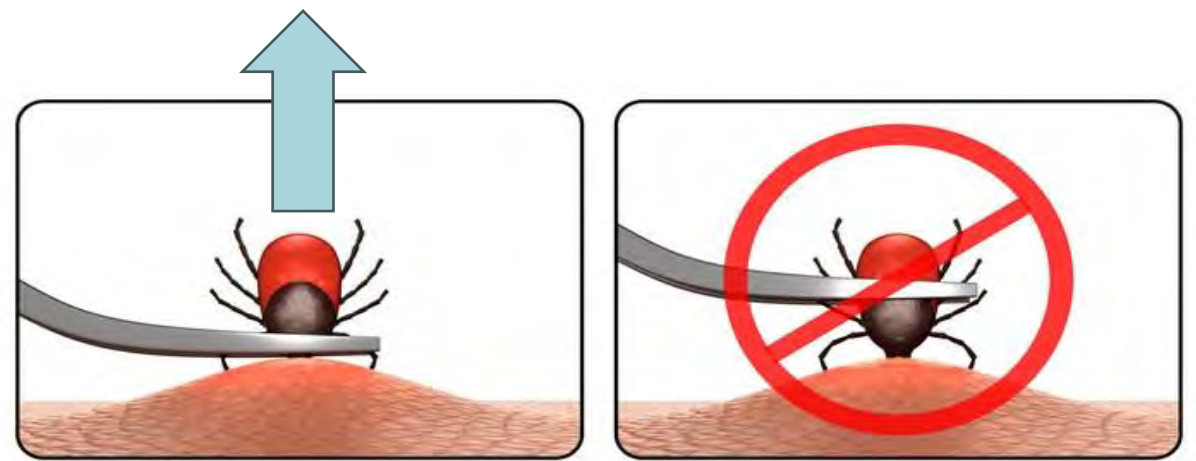
Tick Bite: What to Do?

- Remove the tick as soon as possible.
- Consider calling your healthcare provider.
- Watch for symptoms for 30 days.



How to Remove a Tick

- Relax and stay calm.
- Use **clean**, fine-tipped tweezers.
- Grab tick at the skin surface **at its head**.
- **Pull up** slowly with steady, even pressure.
- If you can't remove the mouth with tweezers, **leave it** and let the skin heal.
- After removing the tick, thoroughly **clean the bite area and your hands** with soap and water or a disinfectant.
- **Never crush** a tick with your fingers.



- Methods to **Dispose** of the tick:
 - ❖ Put it in alcohol
 - ❖ Place it in a sealed bag/container
 - ❖ Wrap it tightly in tape
 - ❖ Flush it down the toilet

What Are We Doing? A Standardized Tick Surveillance

- Establish Weather Stations to Collect Microclimate Data
- Monitor Tick Populations:
 - Chittenden County
 - Bennington County
 - Essex County
- Apply Entomopathogenic Fungi to Vegetation in Chittenden County





THANK YOU

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