



Summary: Ticks are **obligate blood feeders** (blood is all they feed on), and they typically stay attached to their host for days or a week to complete feeding. Ticks also carry a wide variety of disease causing germs. Tick bites occur most often during early spring to late summer and in areas where there are many wild animals and birds. While most ticks don't carry diseases, and most tick bites don't cause serious health problems, it is important to understand the signs and symptoms of tick-borne illnesses. Tick bites and tick-borne diseases are preventable

Key Information:

- Tick repellent clothing with [permethrin](#) is best for preventing tick bites.
- There are many different types of ticks including: deer ticks, American dog ticks, gulf coast ticks, and rocky mountain wood ticks - to name a few.
- Deer ticks transmit Lyme disease bacteria. Some ticks can be hard to see or feel - deer tick nymphs look like a poppy seed on your skin.
- Ticks should be removed properly from humans and pets as soon as possible. Removing the tick's body helps to avoid diseases the tick may pass on during feeding.
- Once removed, it is important to assess for tick-borne illnesses. These include Lyme Disease, Rocky Mountain Spotted Fever, Anaplasmosis, Babesiosis and Tularemia



Additional resources:

<http://www.projectlyme.org/>

<https://www.cdc.gov/lyme/resources/tickbornediseases.pdf>