

# PROTECT YOURSELF AND YOUR FAMILY FROM TICKS

## The 5Ds of Tick-borne Disease Prevention

**DEFEND** yourself from ticks with an EPA-registered tick repellent.

**DRESS PROTECTIVELY** by covering exposed skin with clothing, wearing long pants and sleeves, and tucking pant legs into socks.

**DISCOURAGE** ticks from around your home by clearing debris and dense vegetation.

**DO** regular tick checks for several days after being in tick habitat and shower or bathe as soon as possible after being in a tick habitat.

**DETACH** ticks immediately using the proper technique.

Contact the District for questions or concerns at (916) 380-5444 or [placermosquito.org](http://placermosquito.org)

## PROPER TICK REMOVAL

A localized reaction or infection can occur where the tick was attached. If redness or pain develops at the bite site, consult your doctor. Ticks should be removed promptly to help minimize tick-borne disease transmission.

- Do not squish, burn, smother or twist ticks.
- Use tweezers to grasp the head of the tick as close to the skin as possible and pull straight out.
- Use gloves, tissue or another barrier if you must use your fingers to remove the tick.
- Wash your hands and the bite site with soap and water after tick removal.



## OUR SERVICES

The Placer Mosquito and Vector Control District provides year-round services to the residents of Placer County through our comprehensive Integrated Vector Management program, which includes surveillance, control and public education. District technicians promptly respond to requests for service, conduct on-site inspections and provide information about vectors including but not limited to mosquitoes, ticks and yellowjackets and rodents.

For inquiries or to request service, please call the District at (916) 380-5444, or visit us online at [placermosquito.org](http://placermosquito.org)

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about ticks



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2021 Opportunity Drive  
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## ABOUT TICKS IN PLACER COUNTY



## FACTS ABOUT TICKS

Ticks are blood-sucking arthropods that can transmit a wide variety of diseases such as Lyme disease, Rocky Mountain spotted fever, tick-borne relapsing fever, tularemia, babesiosis, anaplasmosis and ehrlichiosis.

Lyme disease is the most common tickborne disease in Placer County. Ticks can be found most commonly in grassy, brushy, or wooded areas, especially along sides of trails. Ticks do not fly, jump, or fall out of trees! Ticks wait on the tips of vegetation, leaf litter, logs, or rocks for people or other animal hosts to pass by. When a tick grasps a passing host, it will then crawl in search of a suitable location to attach to the skin.

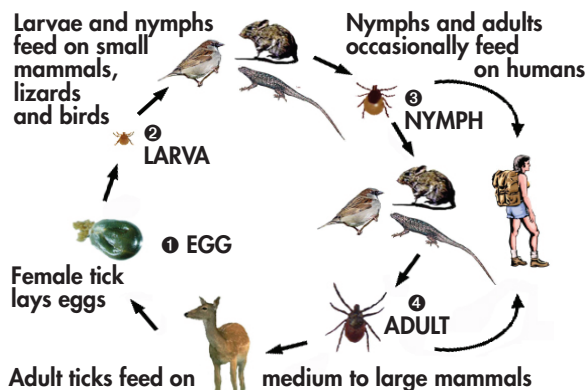
Once attached, the tick will secrete a cement-like substance that helps it stay firmly in place to feed. Generally, the longer the tick stays attached the higher the risk of disease transmission. A feeding tick may remain attached for many hours or days, after which it will drop off the host.

## A TICK'S LIFE CYCLE

Ticks have four distinct life stages:

1. Egg
2. Larva
3. Nymph
4. Adult

Both males and females in the last three stages require a blood meal.



## TICK SPECIES OF CONCERN IN PLACER COUNTY

### Western Black-Legged Tick

This tick is usually found in areas with high humidity from October to July but exposure to ticks can happen year round. Larvae and nymphs feed on small animals like rodents and lizards. Adults feed on larger mammals including humans and deer. This tick is the primary vector of Lyme disease in Placer County.



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### Pacific Coast Tick

This tick is usually found in areas with high humidity from November to June. Larvae and nymphs feed on small rodents while adults feed on large mammals, especially deer. This tick is a vector of Rocky Mountain spotted fever.



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### American Dog Tick

This tick is usually found from May to August. Larvae and nymphs feed on smaller mammals, while adults feed on larger mammals, especially dogs. This tick is a vector of Rocky Mountain spotted fever.



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### Ornithodoros hermsi

This tick looks different than the others because it is a member of the soft-tick family. This tick is usually found in mountain cabins and other dwellings. Their primary hosts are rodents, but these ticks will also bite humans, and may vector tick-borne relapsing fever.



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## TICK TESTING

During peak tick season, October-April, our staff collects ticks at designated tick surveillance sites in the foothills. We identify the different species of ticks found and test for tick-borne diseases like Lyme disease. This information helps us identify and communicate tick-borne disease risk to the public.

The District will identify tick species but does not test ticks that are submitted by the public or that were found on people following the California Department of Public Health recommendations. CDPH does not recommend that ticks be tested for *B. burgdorferi* to determine if medical treatment is necessary because:

- The need for treatment should not be based on these test results since testing methods vary in accuracy.
- Tick testing results do not necessarily predict if the person bitten will get Lyme disease.
- Even if an attached tick tests "negative," other undetected ticks may have attached to a person and transmitted the agent of Lyme disease.
- The tick may not be a western black-legged tick (*Ixodes pacificus*) that transmits Lyme disease.

If a resident would still like to have a tick tested, the University of Massachusetts has a program to test your tick for a fee.

The Placer Mosquito and Vector Control District strives to reduce mosquito and other vector populations, promote awareness of vectors and vector-borne diseases, and decrease health risks to residents in Placer County. Since 2001, the District has worked diligently to:

- Inspect, reduce and eliminate mosquito breeding sources in Placer County
- Employ Integrated Vector Management strategies and techniques to reduce vector populations and protect public health from mosquitoes and mosquito-borne diseases
- Use public funds efficiently and responsibly to achieve the District's mission
- Educate and inform the public