For more information on tickborne diseases:
healthvermont.gov

Other disease-spreading ticks in Vermont

- Blacklegged Tick
  Spreads Lyme disease, Powassan virus, babesiosis, anaplasmosis, & Borrelia miyamotoi
  - Over 99% of tickborne diseases reported in Vermont are caused by this tick
  - Ticks can be as small as a poppy seed

- American Dog Tick
- Woodchuck Tick
- Lone Star Tick
PROTECT

• Use an EPA-approved tick repellent on skin
• Apply permethrin to clothing
• Wear light-colored pants and long sleeves

CHECK

• Perform daily checks on yourself, your children and pets
• Shower soon after spending time outdoors

REMOVE

• Use tweezers to grab tick close to skin
• Pull tick straight up, do not twist
• Wash hands & bite area with soap & water
• Put clothing in dryer for 10 minutes on high

WATCH

• Watch for symptoms of tickborne diseases, such as fever, muscle aches, fatigue and joint pain
• Most Vermonters with Lyme disease develop a rash, but 30% do not
• If you develop any of these symptoms, contact your health care provider