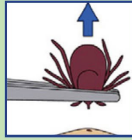


## TICK BITE PREVENTION

- Use repellents with 0.5% permethrin on clothing or 20%-30% DEET on uncovered skin.
- Wear light-colored clothing (including pants, long-sleeves, and socks) to help you spot ticks more easily.
- Do a full body tick check after being outside in areas with tall grass or woods.

## TICK REMOVAL

- Using tweezers, grab the tick close to the skin and pull upwards (away from the skin).
- Do not twist, yank, or burn the tick during removal.
- Clean the bite site and your hands with rubbing alcohol or soap and water after removing the tick.



State of Wisconsin  
Division of Public Health  
P-01434 (05/2019)



Images courtesy of the Centers for Disease Control and Prevention.



## MORE INFORMATION

Illnesses Spread by Ticks  
[dhs.wisconsin.gov/tick/](https://dhs.wisconsin.gov/tick/)

Wisconsin Ticks

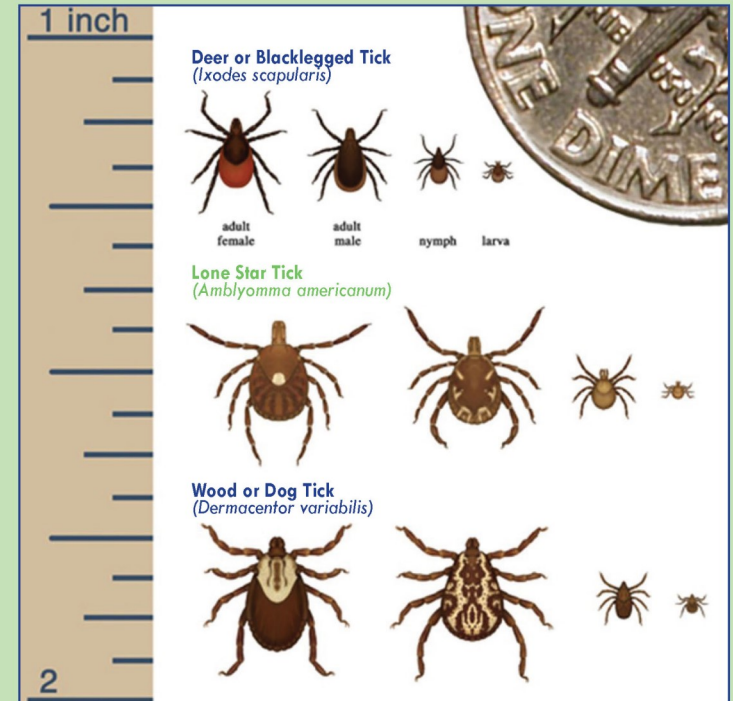
[labs.russell.wisc.edu/wisconsin-ticks/](mailto:labs.russell.wisc.edu/wisconsin-ticks/)  
Or contact your local health department

# TICK SAFETY GUIDE

Wisconsin Department of Health Services



## WISCONSIN TICKS



**Deer or blacklegged ticks** can spread Lyme disease, babesiosis, anaplasmosis, certain species of ehrlichiosis, and Powassan virus. These ticks are found throughout Wisconsin.

**Lone Star ticks** can spread ehrlichiosis. These ticks are less common in Wisconsin. The females have a white dot on their back.

**Wood or dog ticks** can spread Rocky Mountain spotted fever and tularemia. These ticks are common throughout Wisconsin, but very rarely spread disease in our state.

## TICK BITES CAN MAKE YOU SICK

- Symptoms of illnesses spread by ticks can range from mild to severe. They can include fever, chills, sweats, rash, muscle aches, joint pain, headache, fatigue, nausea, and vomiting.
- It is important to treat illnesses spread by ticks early.

**Talk to your doctor if you have any of the symptoms above within 30 days of a possible tick bite.**