



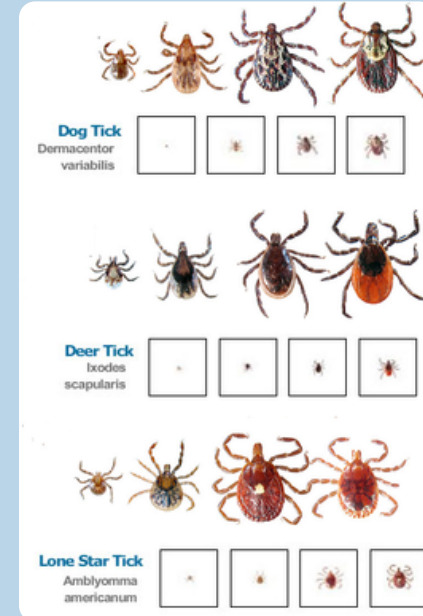
Protect Yourself From Tick Bites



Ticks in MA

most common ticks in MA:

- black-legged tick (deer tick)
- American dog tick (wood tick)
- lone star tick



Tick kits

Free tick kits available at Leicester Town Hall

- What's inside:
- tick tweezers x1
 - magnifying glass x1
 - tick removal guide x1
 - bandage x2
 - alcohol pads x2
 - specimen bags x2

Alpha-gal syndrome

AKA "red meat allergy"

- spread by the bite of infected lone star tick
- causes allergic reaction triggered by mammalian meats and animal by-products
- other symptoms include itching/hives, dizziness, facial swelling, among others

Outdoors

- use tick repellent!
- when walking/hiking, take well-used, main routes, and walk down center of paths
- weather permitting, wear long-sleeved shirts and long pants tucked into socks



Tick repellents

Choose repellents with the following active ingredients:

- DEET (use 10-30% DEET for ages 2 months and older)
- permethrin
- picaridin
- oil of lemon
- eucalyptus



- keep lawn grass short
- remove leaves and brush accumulation around your property
- **THOROUGH TICK CHECKS ON YOURSELF/LOVED ONES DAILY!!!**

HOW TO SAFELY REMOVE A TICK

STEP ONE

Gently pull back any hair from around bite site. Using fine point tweezers, grasp tick as close to the head as possible. **DO NOT GRASP BY THE BODY.**



STEP TWO

Pull the tick straight outward until the head is removed. Do not twist, turn, or wiggle.



STEP THREE

Dispose of the tick in toilet or in closed trash can, wrapped in tissue.

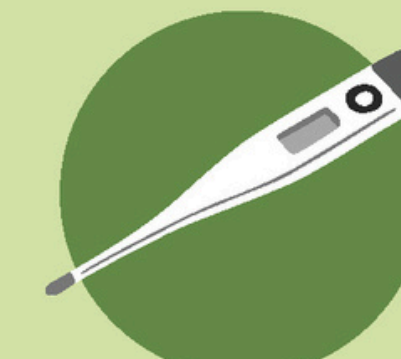


STEP FOUR

Clean the area with soap and water or rubbing alcohol.



KEEP AN EYE OUT FOR...



FEVER



HEADACHE OR BODY ACHES



FATIGUE



RASH OR RED RING



Protect Yourself From Tick Bites



Ticks in MA

most common ticks in MA:

- black-legged tick (deer tick)
- American dog tick (wood tick)
- lone star tick



Tick kits

Free tick kits available at Leicester Town Hall

What's inside:

- tick tweezers x1
- magnifying glass x1
- tick removal guide x1
- bandage x2
- alcohol pads x2
- specimen bags x2

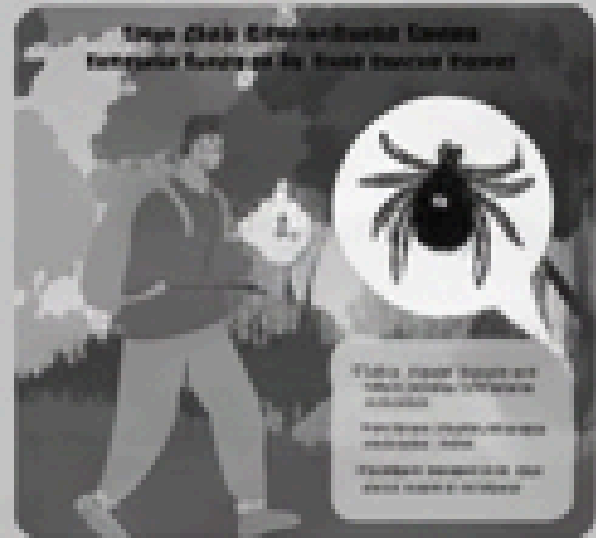
Alpha-gal syndrome

AKA "red meat allergy"

- spread by the bite of infected lone star tick
- causes allergic reaction triggered by mammalian meats and animal by-products
- other symptoms include itching, hives, dizziness, facial swelling, among others

Outdoors

- use tick repellent!
- when walking/hiking, take well-used, main routes, and walk down center of paths
- weather permitting, wear long-sleeved shirts and long pants tucked into socks



Tick repellents

Choose repellents with the following active ingredients:

- DEET (use 10-30% DEET for ages 2 months and older)
- permethrin
- picaridin
- oil of lemon
- eucalyptus



- keep lawn grass short
- remove leaves and brush accumulation around your property
- THOROUGH TICK CHECKS ON YOURSELF/LOVED ONES DAILY!!!

HOW TO SAFELY REMOVE A TICK

STEP ONE

Gently pull thick any hair from around one leg. Using fine point tweezers, grasp tick as close to the head as possible. DO NOT GRASP BY the BODY.



STEP TWO

Tull the tick straight outward until the head is removed. Do not have, twist, or wiggle.



STEP THREE

Dispose of the tick in toilet or in closed trash can, wrapped in tissue.

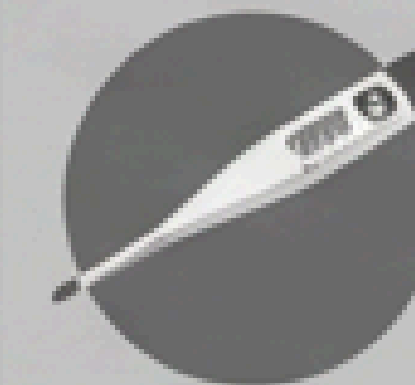


STEP FOUR

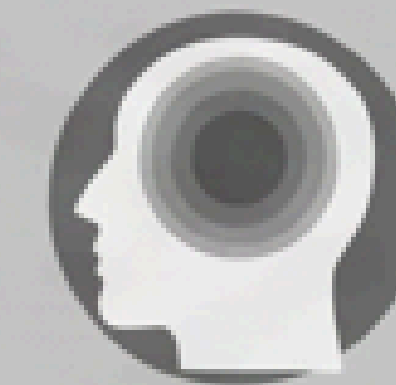
Clean the soap with soap and water or rubbing alcohol.



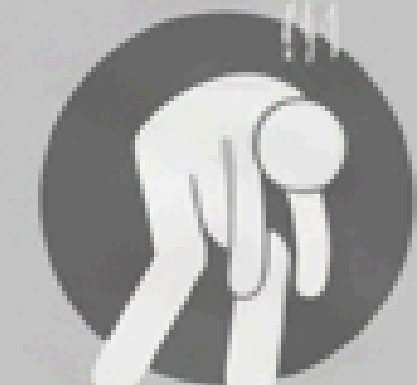
KEEP AN EYE OUT FOR...



FEVER



HEADACHE OR BODY ACHES



FATIGUE



RASH OR RED RING