

TICK TALK



When outdoors, it is important to be mindful of the risks associated with ticks. These tiny creatures can carry diseases like **Lyme disease**. While it remains the most common tick-related disease in the county, New York State is also seeing an increase in other tick-borne illnesses, including **Anaplasmosis**, **Babesiosis**, **Ehrlichiosis**, and **Alpha-gal syndrome**. With the right knowledge and precautions, you can still enjoy nature safely.

Prevention tips:

- Wear light-colored clothing, including long pants tucked into socks or boots and long-sleeved shirts.
- Use EPA registered tick and insect repellents.
- Do tick checks at the end of outdoor activities on yourself and your outdoor companions, even if you were only playing in your back yard.
- Shower within two hours of returning from outdoor play to decrease the chance of tick attachment.
- Wash clothes worn outside and put them in the dryer.



Where to check for ticks:

EVERYWHERE! These are the most common areas, but be sure to do a full-body check!



- In and around hair
- In and around the ears
- Under the armpits
- Around the waist
- Inside the belly button
- Between the legs
- Back of the knees

Don't forget your pets!

Use a tick preventive product

Check pets for ticks daily

If you find a tick on your pet, remove it right away

Tick removal:

Scan the QR code to watch this video from the New York State Department of Health and learn how to safely remove a tick.



Any other tick removal method is not recommended.

Fast Facts:



- The **blacklegged tick**, also called the **deer tick**, is the most common tick in Chautauqua County.
- Ticks range in size from a grain of sand (larva) to an apple seed (adult).
- While most active in the spring, summer, and fall, ticks can remain active year-round—even on warmer winter days.
- Ticks like shady, moist areas, and hide in woods, under leaves, and in shrubs and tall grass.
- Ticks feed on a wide variety of birds and mammals.



I found a tick, should it be tested?

It is **not** recommended to have the tick tested for diagnostic purposes. View the reasons why by scanning the QR code below.

Tick-borne diseases found in WNY:

Lyme disease

- Most common tick-related disease in the county.
- A bacterial infection spread to people through the bite of a deer tick.
- Symptoms may include fever, headache, fatigue, circular rash, and muscle or joint pain.



Anaplasmosis

A bacterial infection caused by the bite of an infected blacklegged (deer) tick.

Babesiosis

A disease caused by various types of microscopic parasites from the bite of an infected blacklegged (deer) tick.

Ehrlichiosis

A bacterial infection caused by the bite of an infected lone star tick.



Alpha-gal syndrome (AGS)

What is it? A meat allergy caused by a Lone Star tick bite. The tick introduces sugar called alpha-gal, and your body may react the next time you eat red meat.

Who is at risk? Most common in the Southeast and South-Central U.S., but spreading—including recent increases in the Northeast—as ticks expand their range.



Prevent. Promote. Protect.



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Watch tick video:



More info:

