

What is a tick?

Adult ticks are oval in shape with a small head and have eight (8) legs like a spider.

How do I prevent tick bites?

- ☐ Wear clothing that covers your arms and legs. Wear a hat.
- ☐ Tuck in your clothes. (Pants into socks/boots/gaiters, shirt into pants.)
- ☐ Use repellent with DEET, picaridin, or Oil of Lemon Eucalyptus*.
- ☐ Stay on trails and out of brush when possible.
- ☐ Complete tick checks on yourself and your pets.

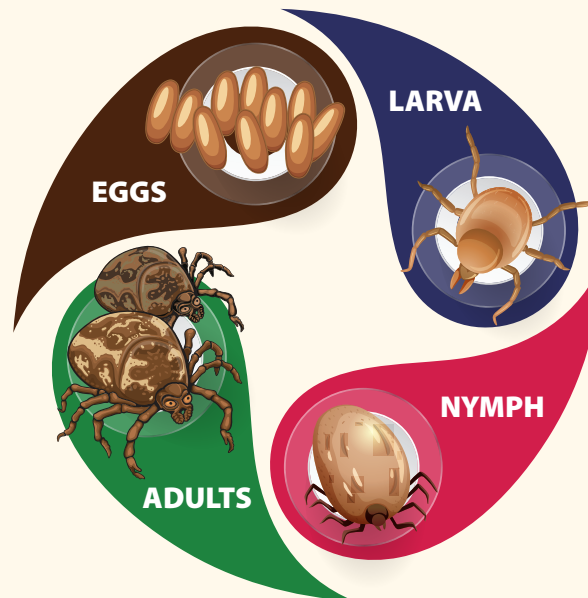
Where will a tick bite?

Ticks usually don't bite right away. They prefer warmer areas of the body: scalp, armpits, back of knees, behind ears. It may take up to 2 hours for them to find a place to bite.

*Pure oil of lemon eucalyptus or essential oil is not formulated for use as an insect repellent.

Life Cycle of a tick

Ticks go through four life stages: egg, larva, nymph, and adult. They hatch from eggs and must have a blood meal at every stage to survive. This often means they have a different host animal at each stage. Ticks can pick up diseases like Lyme disease when feeding on infected animals and then transmit those pathogens to other animals or people during later feedings. The entire tick lifecycle can take two to three years to complete.



Please call (503) 988-3464, scan the code, or visit our website

multco.us/health/animal-codes

for more information.



**Multnomah County Vector Control
& Code Enforcement**
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Protect Yourself from Ticks



Where can you expect to find ticks?

Ticks are generally found in wooded areas with underbrush and in open areas with tall grass. Ticks are most active in the spring and summer months.



What diseases can ticks spread?

Ticks in Oregon can spread Lyme Disease, Rocky Mountain Spotted Fever, Colorado tick fever, anaplasmosis and tularemia.

Visit [cdc.gov/ticks/about/index.html](https://www.cdc.gov/ticks/about/index.html) for more information.

I've been bitten! How do I remove a tick?

Don't panic!

Do:

- ✓ Sanitize the area and your tweezers.
- ✓ Grip the tick as close to its head and mouthparts as possible.
- ✓ Steadily and firmly pull up so you don't break off the tick's mouthparts.
- ✓ Wash the area and your hands with soap and water.
- ✓ Monitor the site of the bite.

Without tweezers or a tick remover the tick's mouthparts could get stuck in the skin and cause secondary infection.

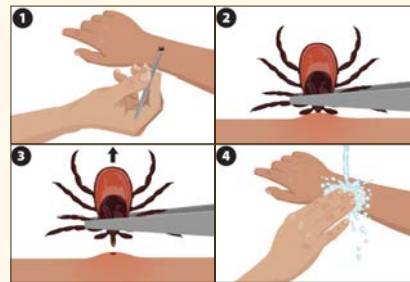


Image from cdc.gov

Do not:

- ✗ Squeeze the tick.
- ✗ Attempt to burn the tick off.
- ✗ Suffocate the tick (using wax, oil or vaseline)

Using these methods could result in the tick spreading disease causing organisms to you.

After removal put the tick in a small bag or container and store in the freezer. If you begin having symptoms, take the tick with you to the doctor for ID.

Oregon Ticks

Most ticks are seasonal and most active during the spring and summer months. The western black-legged tick is active from late November to July.



Western black-legged tick
found in western Oregon

Image from cdc.gov



Rocky Mountain wood tick
found in mountain regions over 3900 feet

Image from cdc.gov



American dog tick
found throughout Oregon Pacific

Image from cdc.gov



Pacific Coast tick
found throughout Oregon

Image from researchgate.net