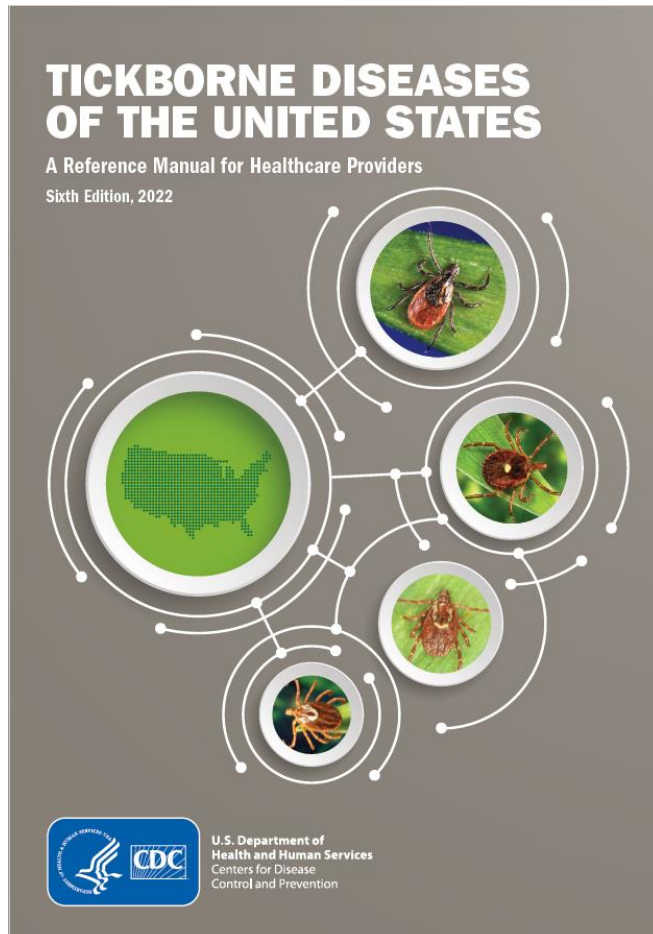




Choctaw Nation Tick Guide

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Adapted From: Tickborne Diseases of the United States: A Reference Manual for Healthcare Providers. Sixth Edition, 2022. Centers for Disease Control and Prevention.



TICK IDENTIFICATION and PREVALENCE BY REGION:

AMERICAN DOG TICK *Dermacentor variabilis*, *D. similis*

FOUND: Widely distributed east of the Rocky Mountains and has recently been found west of the Rocky Mountains.

CONDITIONS: Tularemia and Rocky Mountain spotted fever

INFO: Greatest risk of being bit during spring and summer. Adult females are more likely to bite humans.

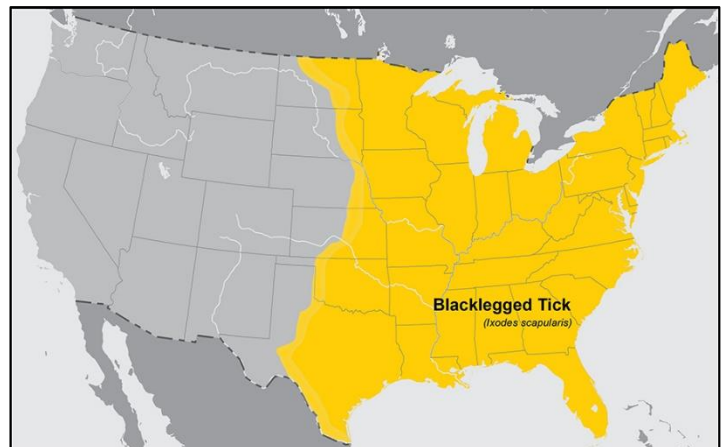


BLACKLEGGED TICK *Ixodes scapularis*

FOUND: Widely distributed across eastern United States.

CONDITIONS: Lyme Disease, Anaplasmosis, Relapse Fever, Ehrlichiosis, Babesiosis, and Powassan virus disease.

INFO: Adult ticks may be out searching for host any time when temperatures are above freezing. Higher risks of being bit during spring, summer, and fall months.





BROWN DOG TICK *Rhipicephalus sanguineus*

FOUND: Worldwide

CONDITIONS: Rocky Mountain spotted fever

INFO: Dogs remain the primary hosts for the brown dog tick throughout its life stages, but it may also bite humans and other mammals.

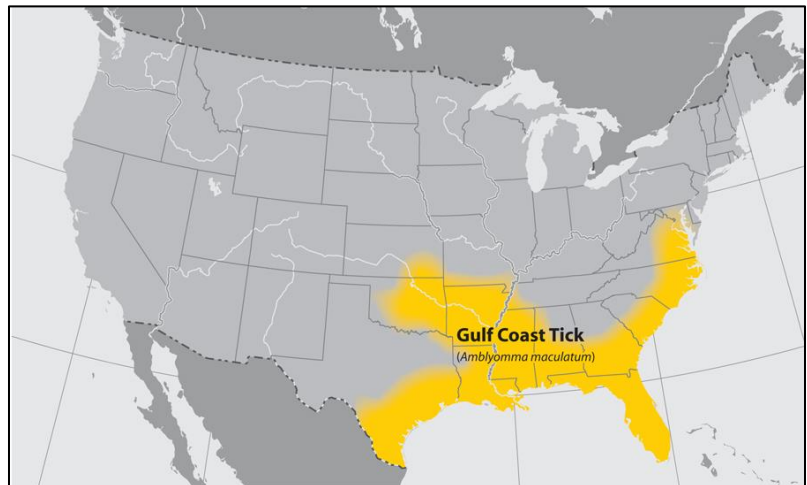


GULF COAST TICK *Amblyomma maculatum*

FOUND: Primarily found in southeastern United States.

CONDITIONS: *R. parkeri rickettsiosis* (a form of spotted fever)

INFO: Larvae and nymph feed on birds and small rodents, while adults feed on deer and other wildlife. Adult ticks are associated with *R. parkeri* transmission to humans.





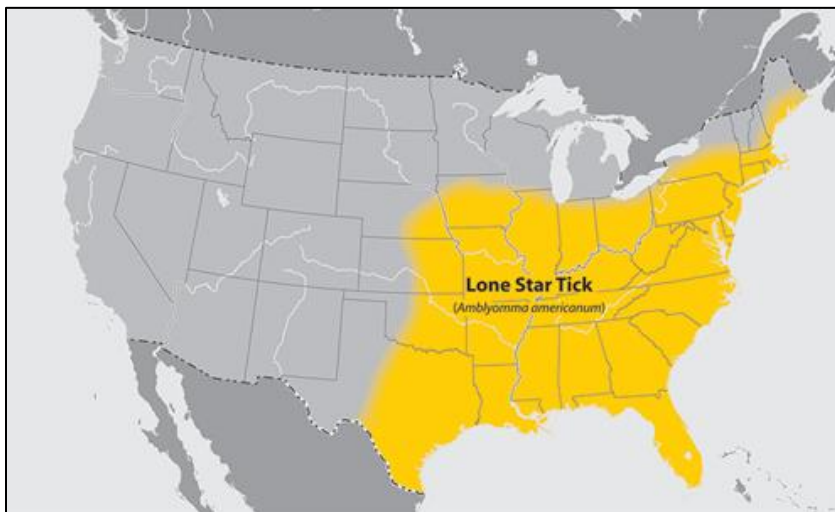
LONE STAR TICK *Amblyomma Americanum*

FOUND: Widely distributed in eastern United States, but more common in southern regions.

CONDITIONS: Human ehrlichiosis, Tularemia, Heartland virus disease, Bourbon virus disease, and Southern tick-associated rash illness (STARI).

INFO: Greater risks of being bit between early spring and late fall. The lone star tick is a very aggressive tick that bites humans.

Adult females distinguishable by a white dot “lone star” on her back. the nymph and adult females most often bite humans. Increased evidence suggests alpha-gal syndrome (AGS) may be triggered by the bite of lone star ticks.

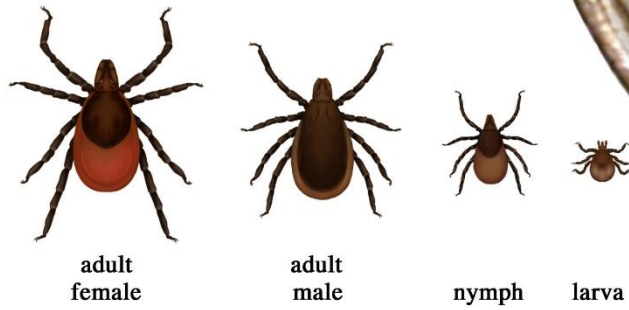




TICKS THAT BITE HUMANS



Blacklegged Tick (*Ixodes scapularis*)



Lone Star Tick (*Amblyomma americanum*)



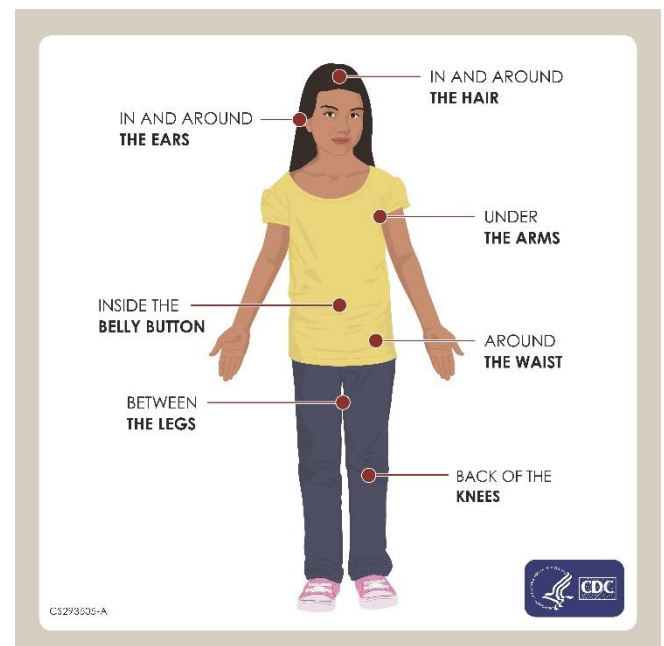
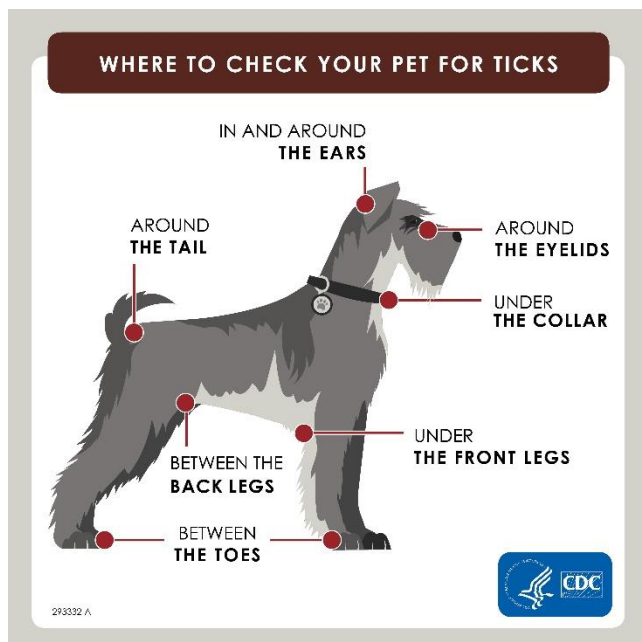
Dog Tick (*Dermacentor variabilis*)





PREVENTING TICK BITES

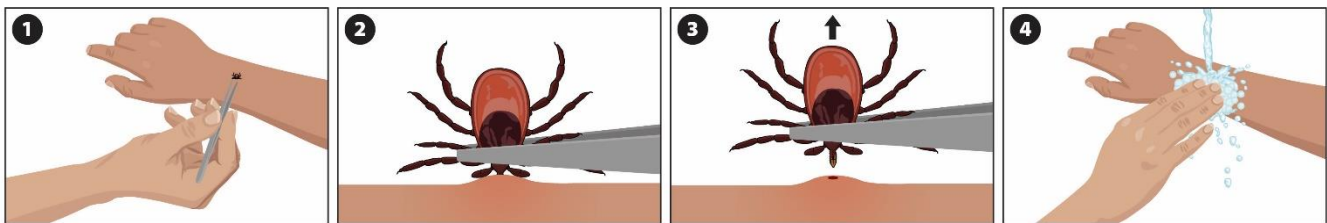
1. Ticks live in grassy, brushy, wooded, and overgrown areas. They can also live on animals. Spending time outdoors while walking your dog, camping, gardening, hunting, or any other outdoor activity could put you into contact with ticks. Ticks are frequently found in yards and neighborhoods as well. Knowing where ticks live is a key step in bite prevention.
2. Use EPA-registered insect repellants containing DEET, picaridin, IR3535, oil of lemon eucalyptus, para-menthane-diol, or 2-undecanone. You can also treat clothes and gear, such as boots, pants, socks, and tents with products containing 0.5 permethrin.
3. Treat pets, such as dogs and cats, for ticks as recommended by a veterinarian.
4. Remember to check for ticks daily, especially under the arms, in and around the ears, inside the belly button, behind the knees, between the legs, around the waist, and on the hairline and scalp. Don't forget to check outdoor pets as well.
5. Shower soon after returning indoors from outdoor activity. Showering is a great time to check your body for ticks.





TICK REMOVAL:

1. **Use** fine-tipped tweezers to grasp the tick as close to the skin's surface as possible. It is best to remove the tick as soon as possible. **Avoid** using nail polish, petroleum jelly, or heat to make the tick detach from the skin.
2. Pull upwards with steady, even pressure. Don't twist or jerk the tick, as this can cause mouth-parts to break off and remain in the skin. If unable to remove the mouth parts easily, leave them alone and let the skin heal.
3. After the tick is removed, thoroughly clean the bite area and your hands with rubbing alcohol, iodine scrub, or soap and water.



BE AWARE, PREPARE, AND HAVE FUN!

Being aware of ticks found within the Choctaw Nation Reservation is the first step in preventing tick-bites and tick-borne disease. By recognizing ticks, where they live, and where they may bite, you are preparing yourself to safely enjoy your time outdoors. Remember to always check your children and pets for ticks after spending time outdoors; and promptly remove any found as soon as possible.

Most tickborne illnesses have similar signs and symptoms. Most common symptoms associated with tickborne illness includes:

- Fever/Chills.
- Aches and Pains: such as headache, fatigue, muscle aches, and sometimes joint pain.
- Rash: many tickborne related illnesses can cause unique rashes where the tick bite occurred or throughout the skin.

If you suspect that you may have a tickborne related illness, contact your primary care provider, and seek care as soon as possible!