



May 2005
Number 273

Tick = Sick!

Avoid ticks to avoid illness as you work this summer.

You should consider the hazard of tick bites and the associated illnesses they can cause in the jobs you take on. There are several serious diseases vectored by ticks, with Lyme Disease being the most prominent. Lyme Disease is vectored by the deer tick.

Most ticks favor a moist, shaded environment, especially areas with leaf litter and low-lying vegetation in wooded, brushy or overgrown grassy habitat. Both deer and rodent hosts must be abundant to maintain the deer tick's life cycle.

Since it's likely you won't be able to totally avoid entering areas that are likely to be infested with ticks, particularly in spring and summer when nymphal ticks feed, you should strongly consider taking measures for personal protection.

Wear light-colored clothing so that ticks can be spotted more easily and removed before becoming attached. Wearing long-sleeved shirts and tucking pants into socks or boot tops may help keep ticks from reaching your skin.

The risk of tick attachment can also be reduced by applying insect repellents containing DEET (n,n-diethyl-m toluamide) to clothes and exposed skin, and applying permethrin (which kills ticks on contact) to clothes. DEET can be used safely on children and adults but should be applied according to

Environmental Protection Agency (EPA) guidelines to reduce the possibility of toxicity.

The transmission of *B. burgdorferi*, the bacteria that causes Lyme disease, from an infected tick is unlikely to occur before 36 hours of tick attachment. For this reason, daily checks for ticks and promptly removing any attached tick that you find will help prevent infection.



Embedded ticks should be removed using fine-tipped tweezers. **DO NOT** use petroleum jelly, a hot match, nail polish, or other products. Grasp the tick firmly and as closely to the skin as possible. With a steady motion,

Ticks, continued on page 2 . . .

**Subscription Information:
1-800-733-2622**
*Multiple subscription and multiple year
subscription discounts available.*

Look inside for:

Saving Wildlife / Arborist Quiz	2
Tree risk assessment	3
OSHA Files - aerial lifts	4
Tree-killing wasp	5
Mr. Safety	7
Excellence!	8

Ticks

continued from page 1

pull the tick's body away from the skin. The mouthparts may remain in the skin, but do not be alarmed. The bacteria that cause Lyme disease are contained in the tick's midgut. Clean the area with antiseptic.



The cost-effectiveness of post-exposure treatment to avoid Lyme disease depends on the likelihood of *B. burgdorferi* infection after a tick bite. In most cases, treating persons who only have a tick bite is not recommended. Individuals who are bitten by a deer tick should remove the tick promptly, and may wish to consult with their health care provider. You should promptly seek medical attention if you develop any symptoms of tick-borne diseases.

Serious Tick-Borne Diseases

Lyme Disease

Range: Cases have been reported by 49 states and the District of Columbia, but are concentrated in the northeastern, north-central, and Pacific coastal regions.

Tick vector: deer tick

Southern Tick-Associated Rash Illness (STARI)

Range: Southeastern and south central states.

Tick vector: Lone star tick

Babesiosis

Range: Northeast & Midwest; concentrated in Connecticut, Nantucket, Martha's Vineyard, Shelter Island, and parts of Long Island.

Tick vector: deer tick

Ehrlichiosis

Range: 3 known types in Southeast, South and Southwest

Tick vector: various

Rocky Mountain spotted fever

Range: Cases have been reported in 38 states and the District of Columbia.

Tick vector: family Ixodidae (hard ticks)

SAVING WILDLIFE...AND YOUR FINGERS!



Some tree hazards are furry and warm-blooded! This story was submitted by On Earth Plant Care in New York. They were carrying out a highly technical rigging project on an historic site: "We discovered a raccoon living in this oak, so we tied him/her into the hole by wrapping a tarp and lashing it with a clove hitch, redirecting the rope so as to lower the piece of wood down the back side of the tree. There the raccoon was set free unharmed. The piece was then hoisted up the hillside to trucks and equipment."



Choose the best answer!

Best answers: 1 C), 2 B), 3 B), 4 A).

1. How should you remove a tick that has "latched on"?

- a) With a hot match.
- b) With petroleum jelly.
- c) With tweezers.
- d) None of the above.

2. If you don't see fungus fruiting structures, there can't be root rot in a tree.

- a) True
- b) False

3. A body belt and lanyard is NOT considered adequate fall protection in an aerial lift.

- a) True
- b) False

4. Lyme disease is vectored by ___?

- a) The deer tick.
- b) The dog tick.
- c) The Old World wood wasp.
- d) Deer and rodents.

