

*Blacklegged tick
(adult female)*

What diseases can I get from blacklegged ticks in Minnesota?

- Lyme disease
- Anaplasmosis
- Babesiosis
- Ehrlichiosis
- Powassan virus disease

What symptoms should I watch for?

Many of these diseases cause similar symptoms. Initial symptoms usually show up within 2-4 weeks of being bitten by an infected blacklegged tick.

Watch for symptoms like:

- Rash
- Fever
- Muscle and joint pain

How are tickborne diseases diagnosed?

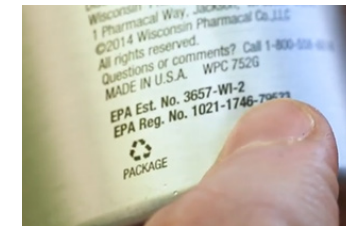
If you think you could have a tickborne disease, you should contact your doctor immediately. The doctor can determine if you have a tickborne disease based on your history of being around wooded or brushy areas, a physical exam, and possibly blood tests.

Are tickborne diseases treatable?

Lyme disease, anaplasmosis, and ehrlichiosis are treated with antibiotics. Babesiosis is treated with both an antibiotic and an antiparasitic. Powassan virus is treated with supportive care only. For most people, symptoms go away after treatment. Speak with your doctor about any concerns you may have.

How can I protect myself from tickborne diseases?

- Know where ticks live.
 - Wooded or brushy areas for the blacklegged tick
 - Wooded or grassy areas for the American dog tick
- Know when disease risk is highest.
 - May through July is when ticks are most active in Minnesota.
- Use EPA-registered tick repellents.
 - Use repellents like DEET or picaridin on skin or clothing.
 - Pre-treat clothing and gear with permethrin-based products.



Look for an EPA registration number on your repellent to know it is safe and effective.

What is a tickborne disease?

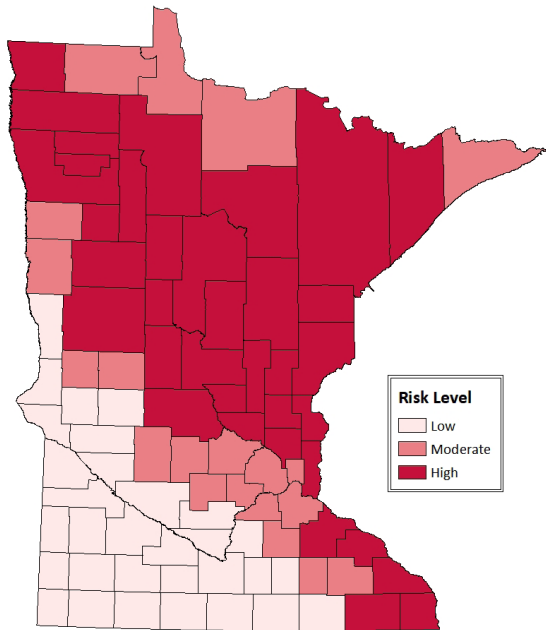
People can get a tickborne disease when they are bitten by a tick that is infected with a disease agent. In Minnesota, there are about a dozen different types of ticks.

Not all of them spread disease. Three types that people may come across in Minnesota are the blacklegged (deer) tick, the American dog (wood) tick and the lone star tick. The blacklegged tick causes the most tickborne diseases in Minnesota.

People in Minnesota are often bitten by American dog ticks, but they rarely spread diseases such as Rocky Mountain spotted fever and tularemia. Lone star ticks are uncommon in Minnesota, but can spread tularemia and ehrlichiosis.

- Check yourself for ticks frequently.
 - Perform tick checks at least once a day after spending time around woods.
 - Search your entire body, especially hard-to-see areas. Ticks may look like a speck of dirt or freckle on skin.
 - If you find a tick attached to you, remove it as soon as possible.
 - Use tweezers to grasp the tick close to its mouth. Pull the tick outward slowly and gently. Clean the area with soap and water.
- Maintain your yard.
 - Mow lawns and trails frequently.
 - Get rid of leaves and brush.

Minnesota Tickborne Disease Risk



How do ticks find a host and feed?

Ticks live on the ground. In order to find a host, they wait on a plant near the ground until an animal or person walks by. They grab on and climb upward until they find a good place to attach. Ticks do not jump, fly, or fall from trees.

Once a tick attaches to a host, the entire feeding process will take several days, and then the tick will drop off to complete its life cycle. During this blood meal, disease agents may be spread from the tick to a person if the tick is not removed quickly enough.

Blacklegged ticks must be attached for at least 24 hours for Lyme disease bacteria to spread. Less common tickborne diseases may take less time. Check yourself often for ticks when around wooded areas and promptly remove ticks.

Fun facts about ticks!



Blacklegged Tick
(Adult Female)

This tick is small, about the size of a sesame seed, and is most active in the spring and fall. It is found in wooded and brushy habitat throughout most of Minnesota.



Blacklegged Tick
(Adult Male)

This tick does not take a blood meal so it is unable to spread diseases such as Lyme disease.



Blacklegged Tick
(Nymph)

This tick is very small, about the size of a poppy seed, so it has a better chance of staying attached longer and spreading disease. It is most active in May, June, and July.



Blacklegged Tick
(Larva)

This is the smallest life stage of tick. This tick prefers small mammals, like mice, and rarely bites people.



Lone Star Tick
(Adult Female)

This tick is found more commonly in southern states. It is not widely established in Minnesota but may be found here.



American Dog Tick
(Adult Female)

This is a common tick that people come across in Minnesota. It is most active in May and June and can be found in grassy or wooded habitat.

Tickborne Diseases of Minnesota

VECTORBORNE DISEASES UNIT
651-201-5414 or 1-877-676-5414
www.health.state.mn.us/ticks