

What are Ticks?

- Ticks are small six legged parasitic insects.
- There are over 800 types of ticks in the world.
- Ticks feed on the blood of mammals (humans and furry critters).

Where do ticks live?

- Usually ticks can be found in wooded areas, brush, tall grass and weeds.
- Ticks climb on vegetation and wait for an animal or human to pass by. They hop on and begin feeding.
- Ticks tend to dislike sunlight, so are often found in shady areas.

For more information on Ticks and related illnesses:

Centers for Disease Control:
www.cdc.gov/Features/StopTicks/

Public Health—Seattle & King County:
www.kingcounty.gov/healthservices/health/communicable/diseases/LymeDisease.aspx

Public Health 
Seattle & King County

Health Care for the Homeless Network
Public Health - Seattle King County
401 5th Avenue, Suite 1000
Seattle WA 98104

Phone: 206-296-5091
www.kingcounty.gov/health/hch

Tick Talk



Check your
risk for
Tick related diseases

Health Care for the Homeless Network
Phone: 206-296-5091

Do you spend time in wooded or grassy areas? Ticks do.

How to avoid getting bitten:

Are you worried about getting bitten by ticks?

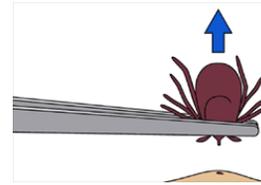
Are Ticks Dangerous?

Ticks can carry several types of diseases. Most of these diseases are uncommon in the Northwest, but if you become ill after being bitten by a tick, see a health care professional!



What to do if you get bitten:

- **Don't panic.** It is very important to **remove the tick as soon as you can.** This helps prevent the possibility of catching a tick borne disease.
- Get a pair of pointed tweezers, grasp the tick close to your skin, and pull it out slowly and straight.
- **Don't** twist or grasp the tick by its belly or butt. That squeezes any germs it may be carrying into you. Keep it in a zip-lock bag if you want to have it identified.
- Vaseline, alcohol, nail polish, and hot match tips **do not work** to remove ticks.
- Wash the tick bite area with lots of soap and warm water to make sure it does not become infected. Rinse, dry, and apply a band aid. You can apply a little antibiotic ointment if you are not allergic to it.
- Seek medical attention if the bite shows signs of infection (tenderness, redness, red streaks, swelling, warmth, pus or drainage).
- If you become sick with headache, nausea, vomiting, rash, or any other unusual symptoms see a health care provider and let them know that you were bitten by a tick.



- Wear long sleeve shirts and pants, shoes, and socks.
- Tuck pants into socks so ticks can't crawl up your leg.
- Wear light colored clothing so you can see ticks more easily if any get on you.
- Avoid woods, tall grass, and brush when possible.
- Pitch tents away from the woods. Keep grasses near where you are camping cut as short as possible.
- Inspect yourself (body, clothes, hair) and your pets for ticks after being in the woods or brush.
- Use insect repellent on yourself and flea/tick repellent on your dogs and cats.

