



New York City Tick ID and Removal

Most ticks shown below are rare in New York City (NYC) except for Staten Island and the North Bronx. However, they are common in areas surrounding NYC.



Blacklegged (deer) tick

Common in Northeastern and Midwestern states. Can transmit Lyme disease, anaplasmosis, babesiosis and *Powassan virus*.



Lone star tick

Common in New York State (NYS) and other Eastern states. Can transmit ehrlichiosis and is associated with alpha-gal syndrome (red meat allergy).



American dog tick

Common east of the Rocky Mountains, including NYC. Can transmit Rocky Mountain spotted fever.



Gulf Coast tick

Found in Southern and Atlantic Coast states. Can transmit *Rickettsia parkeri* rickettsiosis.



Asian longhorned tick

Common in NYS and other Eastern states. Not known to transmit diseases to humans in the U.S.

Ticks are small.

The images above show adult ticks. Here are ticks shown in actual size.



larva



nymph



adult



engorged tick

Tick Facts

- Ticks are small bugs that feed on blood. Not all ticks carry disease and not all people bitten by a tick will get sick.
- Ticks do not fly or jump. They wait for people or animals to pass by, then grab on and crawl to a warm spot on the body to feed.
- Ticks can be active whenever the temperature outside is above freezing.
- Ticks prefer humid weather and shade. They may be found in wooded areas, tall grass and leaf litter.



Tick embedded in the skin, causing irritation.

Most NYC residents with tick-borne diseases become infected when in areas where the diseases are more common, including upstate New York, Long Island, New Jersey and other Northeastern states. People can also become infected from ticks in Staten Island and certain parts of the Bronx.

Signs and Symptoms of Tick-Borne Diseases

- **Lyme disease:**
 - One or more rashes that expand and look like a bull's-eye (this rash is different from normal redness around a tick bite)
 - Fever, tiredness, headache, and muscle or joint pain
 - Neurological and heart problems and arthritis can develop
- **Babesiosis, anaplasmosis and ehrlichiosis:**
 - Fever, chills, headache, muscle aches and tiredness
- **Rocky Mountain spotted fever:**
 - Fever, chills, severe headache, muscle pain, and rash on palms and soles of feet that spreads to body
 - Can result in death if not treated early with the right antibiotic

See your health care provider if you develop any of these symptoms.



How To Prevent Tick Bites

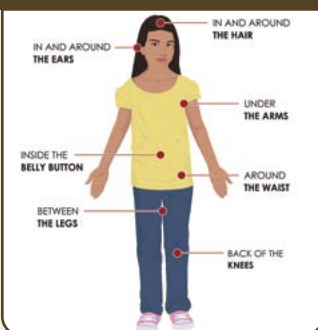
- Avoid wooded and brushy areas with high grass or leaf litter; walk in the center of trails.
- Wear light-colored, long pants and long-sleeved shirts to make ticks easier to see. Tuck pant legs into socks to help keep ticks off your skin.
- Use an insect repellent registered with the Environmental Protection Agency (EPA). These repellents have been tested for safety and effectiveness.
 - Use a repellent with DEET, picaridin, IR3535, oil of lemon eucalyptus, para-menthane-diol (PMD) or 2-undecanone on exposed skin.
 - Treat clothing and gear using a repellent with 0.5 percent permethrin.
 - Many natural repellents are not EPA-registered and have not been evaluated.
 - For more information, visit [epa.gov/insect-repellents/find-repellent-right-you](https://www.epa.gov/insect-repellents/find-repellent-right-you).
- Check clothes and exposed skin for ticks while outdoors.

What To Do After Coming Inside

- Bathe or shower as soon as possible to wash away unattached ticks.
- Do a full-body tick check.
- Wash dirty clothes in hot water, then dry them on low for 90 minutes or high for 60 minutes.
- Put clothes you are not washing in the dryer on high for 10 minutes (or longer if damp).

Create a tick-safe zone in your yard.
To learn more, visit
on.nyc.gov/tick-yard-booklet.

Where To Check for Ticks



Protect Your Pets

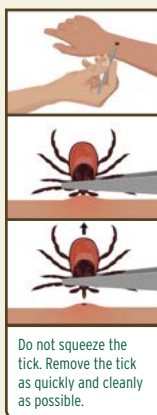
- Check your pets for ticks.
- Run your fingers through their fur to feel for any small bumps. Check for areas that look irritated.
- Ask your veterinarian about ways to keep ticks off your pets.

Where To Check Your Pet for Ticks



How To Remove a Tick Safely

1. Use pointed or fine-tip tweezers.
2. Grasp the tick by the head or mouth exactly where it enters the skin.
3. Pull upward firmly and steadily.
4. Flush the tick down the toilet or wrap it in tape before putting it in the trash. If you want to bring the tick to a health care provider for identification, put it in a sealed bag or container, preferably with a small amount of rubbing alcohol.



5. Clean the bite area and your hands with rubbing alcohol or soap and water.
6. Watch for symptoms. If you develop a rash, fever or flu-like symptoms within a few weeks of removing a tick or being in a tick habitat, see a health care provider.
7. Consider contacting a health care provider after removing an attached tick, especially if you have been in an area where Lyme disease is common. Your provider may prescribe a single dose of doxycycline to prevent infection.



For More Information

Visit cdc.gov/ticks or nyc.gov/health/ticks.

For more information about tick identification, visit the Tick Encounter Resource Center at tickencounter.org.

Information and images on this card were adapted from the New York State Department of Health and Centers for Disease Control and Prevention. Photograph of blacklegged (deer) tick courtesy of USDA Agricultural Research Service.

