

BE TICK SMART

REPEL • INSPECT • REMOVE



Deer tick/Blacklegged tick-
Ixodes scapularis Associated
with Lyme disease,
babesiosis, and
anaplasmosis



Nymph



Adult



American dog tick-
Dermacentor variabilis
Associated with Rocky
Mountain spotted fever
and tularemia



Nymph



Adult



Lone star tick- *Amblyomma
americanum* Associated
with ehrlichiosis
(rarely found in
Vermont)



Nymph



Adult



Woodchuck tick- *Ixodes
cookei* Associated
with Powassan
encephalitis



Nymph



Adult

healthvermont.gov

REPEL

Apply insect repellent according to the manufacturer's recommendation

★ To skin: repellent containing up to 30% DEET

★ To gear and clothing: permethrin

Wear long pants and long sleeves if there is a chance of tick exposure

INSPECT

Perform daily tick checks

Check yourself from head to toe and front to back

Check your children

Don't forget about your pets

Wear light colored clothes to spot ticks easily

REMOVE

Detach the tick as soon as possible



1. Using fine tipped tweezers, grab the tick close to skin
2. Gently pull straight up until all parts of the tick are removed
3. Wash your hands with soap and water and monitor your health after the bite.

Common symptoms of Lyme disease:

Bull's-eye rashes (erythema migrans); fever, chills, fatigue, muscle and joint pain; nerve and heart problems may occur.