

KNOW YOUR TICKS & TBDs

Hundreds of species of ticks are found worldwide; nearly 30 of them in Colorado. Ticks transmit germs (bacteria, viruses, protozoa) and/or substances that can make humans, pets, horses, livestock, and some wildlife sick. Symptoms may be vague or mimic other diseases, making diagnosis challenging.

INITIAL SYMPTOMS OF ILLNESS ARE OFTEN FLU-LIKE:

- Fever, Headache, Sweats/Chills, Fatigue, Muscle/Joint Pain or Swelling, Nausea/Vomiting/Diarrhea
- Rashes (can be highly variable in presentation and absent in many cases)
- Serious or late stage signs/symptoms include carditis, facial palsy, encephalitis, shooting nerve pains, visual disturbances, shortness of breath, and cognitive changes.
- Persistent/chronic illness or death may occur when treatment is delayed or is inadequate.

CHILDREN

- Lyme and other TBDs can be transmitted congenitally from mother to unborn child and symptoms may manifest different than adults.

TICK-BORNE DISEASES & CONDITIONS

- Borrelia (Lyme disease/Tick-Borne Relapsing Fever)
- Babesiosis
- Bartonellosis
- Anaplasmosis
- Ehrlichiosis
- Rickettsiosis
- Tularemia
- Q fever
- Southern Tick Associated Rash Illness (STARI)
- Colorado tick fever virus, Powassan virus, Heartland virus, Bourbon virus.
- Tick paralysis
- Alpha- gal syndrome.



WHO WE ARE

Colorado Tick-Borne Disease Awareness Association (COTBDAA) is a 501(c)3 all volunteer operated non-profit organization, established to ELEVATE awareness of Lyme & other tick-borne diseases/conditions for Coloradans through education, prevention, research, advocacy, and patient support. Support COTBDAA's continuing efforts through a tax deductible donation! And find additional resources at our sites below.



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CHAFFEE COUNTY
Public Health

In collaboration with
Chaffee County Public Health

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COMMON TICKS OF COLORADO & THE US

- Rocky Mountain wood tick: Rocky Mtn. States & SW Canada.
- American dog tick: Nationwide.
- Brown dog tick: Nationwide.
- "Soft ticks" : Primary in the western US; including CO.
- Lone star tick: Primarily throughout the eastern half of US, distribution expanding; documented in CO.
- Black legged "deer" tick: Found in over 50% of US counties with distribution expanding.
- Western black legged tick: Primarily along Pacific coast & western states.
- Pacific Coast tick: Pacific coast states & Mexico.
- Gulf Coast tick: Primarily in coastal states along the Gulf & Atlantic; inward to Oklahoma & Kansas.

COLORADO



TICK CHECK

TICK-BORNE DISEASE PREVENTION



BITING BACK ELEVATING TICK AWARENESS IN COLORADO™

Colorado Tick-Borne Disease Awareness Association
501(c)3 Non-profit, EIN #81-3611916

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WHAT IS A TICK?

Ticks are tiny parasites that feed exclusively on blood to complete their life cycle. Though primary hosts are wildlife, ticks will feed opportunistically on humans, pets, horses, and other livestock. Ticks acquire and transmit pathogens (germs) during these blood meals which can cause a variety of diseases and other illnesses in their host.

PREVENTION TIPS

- Wear permethrin treated clothing, boots & gear
- Use an EPA registered tick repellent product on exposed skin.
- Wear light colored clothing to spot ticks easily.
- Tuck long pants into socks and shirts into pants.
- Stick to center of trails; avoid tall grass and brush
- Avoid sitting on logs or against trees.
- Avoid resting near rodent burrows/nests or sleeping in rodent infested buildings.
- Use a blanket/tarp as barrier for resting on ground.
- Protect your pets too!
- Control small mammal populations and habitats around your home.

DO A TICK CHECK! ✓

- Conduct frequent tick checks on yourself, children, pets, and gear if you live, work or recreate in tick habitat!
- Check along hairline, nape of neck, inside & behind ears, armpits, groin, behind the knees, inside belly button and between toes.
- Place outdoor exposed clothing into dryer on high heat for 10 minutes to kill ticks.
- Shower as soon as possible after retuning indoors.



ONE BITE CAN CHANGE A LIFE!

- Approximately 20 tick-borne diseases (TBDs) occur in the US alone! The prevalence and distribution of ticks and TBDs is growing.
- According to the CDC, Lyme disease is the fastest growing vector-borne disease in the US, with nearly 500,000 new cases estimated annually!
- Ticks may be active throughout the year depending on geographic region, climate conditions, and other factors.
- Practicing tick-bite prevention and safety year-round, is key to reducing exposure to tick bites.

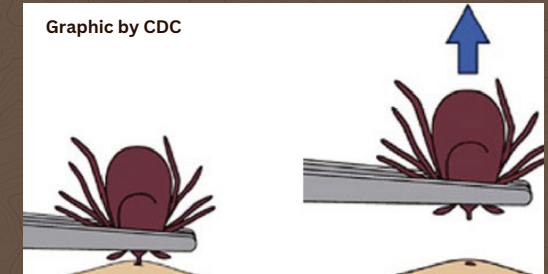
Whether you live, work, or recreate within Colorado or elsewhere... the BEST way to avoid exposure to Lyme & other TBDs/conditions is to PREVENT a tick-bite!



If prevention fails, the sooner a tick is properly removed the less opportunity there is for the tick to transmit germs or other substances

PROPER TICK REMOVAL

- Use fine-tipped tweezers.
- Firmly grasp the tick as close to the skin as possible
- With a steady motion, pull straight up!
- AVOID twisting, crushing or jerking the tick as this may increase risk of disease transmission.



- SAVE THE TICK in a small airtight container or sealable bag.
- Wash hands and the bite area with soap and water or an alcohol based sanitizer.
- Sanitize tweezers or tick tool as well!
- NEVER use bare fingers, petroleum jelly, hot match, nail polish, essential oils or other topical products to remove a tick! These methods may increase the risk of disease transmission!

WHY TEST A TICK?

- Human testing for Lyme and other TBDs is limited and often unreliable.
- TBDs are difficult to diagnose.
- Identification of tick species and potential pathogens they may be carrying may aid in healthcare decisions after a tick bite.



***Never wait on test results to consult with a physician if any symptoms of tick-borne disease develop following a tick bite or suspected tick exposure.**

Visit www.coloradoticks.org for tick testing labs.