

KNOW YOUR TICKS & TBDs

Nearly 1,000 species of ticks are found worldwide; close to 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 (may 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 TBDs can be transmitted from infected mother to unborn child, and symptoms may manifest differently than adults.
- Children are among the highest risk groups for tick bites.

TICK-BORNE DISEASES & CONDITIONS

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



WHO WE ARE

Colorado Tick-Borne Disease Awareness Association (COTBDAA) is a 501(c)3, volunteer run non-profit, established to elevate awareness of Lyme & other tick-borne diseases/conditions for Coloradans through education, prevention, research, advocacy, and patient support. You may support COTBDAA's continuing efforts through a tax deductible donation. Find additional resources 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": Primarily the western US; including CO.
- Lone star tick: Throughout the eastern half of US, distribution rapidly expanding; documented in CO.
- Blacklegged "deer" tick: Found in over 50% of US counties; distribution expanding.
- Western black legged tick: Primarily along Pacific coast & in western states.
- Pacific Coast tick: Pacific coast states & Mexico.
- Gulf Coast tick: Primarily coastal states along the Gulf & Atlantic; inward to Oklahoma & Kansas.

COLORADO TICK CHECK



TICK-BORNE DISEASE PREVENTION



Colorado Tick-Borne Disease
Awareness Association

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 EPA registered tick repellents 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! Talk to your veterinarian.
- Control small mammal populations and habitats around your home.

DO A TICK CHECK!



- Conduct frequent tick checks on yourself, children, pets, & gear after spending time in tick habitat!
- Place exposed clothing in dryer on high heat for 10 minutes to kill ticks.
- Shower as soon as possible after returning indoors.



ONE BITE CAN CHANGE A LIFE!

- Approximately 20 tick-borne diseases (TBDs) occur in the US alone! And 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 over 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.

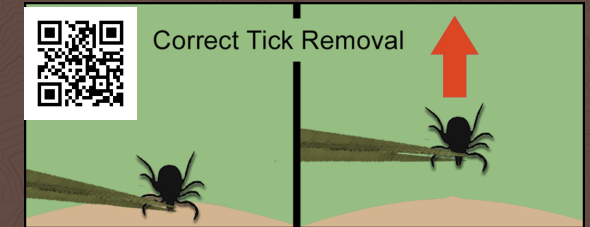
Whether you live, work, or spend time outdoors in Colorado—or travel within or beyond the state—the most effective way to avoid Lyme disease and other tick-borne illnesses is to prevent tick bites.



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

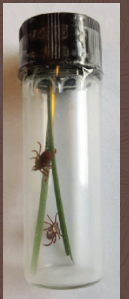
- Use fine-tipped tweezers.
- Firmly grasp the tick as close to the skin as possible.
- With a steady motion, pull straight up!
- AVOID twisting, crushing or jerking the tick as this may increase risk of disease transmission.



- SAVE THE TICK in an 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.
- 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 the 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.