

Tick Prevention Tips



Southold Town DPW

Species of Ticks

Black Legged Tick (Deer Tick)

Deer ticks take two years to complete their life cycle and are found mostly in deciduous forests. Their distribution lies greatly on the distribution of their reproductive host, white-tailed deer. Both nymphs and adults can transmit diseases such as Lyme disease, Babesiosis, and Anaplasmosis.

American Dog Tick

American Dog ticks are found predominantly in areas with little or no tree cover, such as grassy fields and scrubland, as well as along walkways and trails. They feed on a variety of hosts, ranging in size from mice to deer, and nymphs and adults can transmit diseases such as Rocky Mountain Spotted Fever and Tularemia. American dog ticks can survive for up to two years at any given stage if no host is found.

Lone Star Tick

Lone Star ticks are found mostly in woodlands with dense undergrowth and around animal resting areas. The larvae do not carry disease, but the nymph and adult stages can transmit the pathogens causing Ehrlichiosis, Rocky Mountain Spotted Fever and STARI. Lone Star ticks are notorious pests, and all stages are aggressive human biters. These ticks are more tolerant of hot, dry conditions and are far more aggressive than other species. Lone Star ticks seem to have supplanted deer ticks as our most abundant tick species in certain areas of Southold Town.



Tick Prevention Tips

- Wear light-colored clothing so you can see ticks more easily
- Wear long sleeves buttoned at the wrist and long pants tucked into socks. Take a hat to protect your head. However, during warm or hot weather, this is not practical, so we suggest that you increase your vigilance in conducting tick-checks
- Walk in the center of the trails to avoid brushing up against dense vegetation where ticks hide.
- Avoid sitting directly on the ground; use a blanket or towel.
- Conduct frequent tick-checks, especially in heavily infested areas. Visually check clothing and exposed skin. At the end of the day, do a final full-body check.
- Use EPA approved tick repellents. An insect repellent containing DEET is the primary active ingredient in most insect/tick repellents today.
- Remove ticks as soon as you detect them. Do not touch them directly, use a tweezer or tissue and do not crush the insect until it is separated from the skin and placed in a disposable container.



What should you do if you have been bitten?

- Use fine-tipped tweezers to remove a tick. If you don't have tweezers, put on gloves or cover your hands with tissue paper, then use your fingers. Do not handle the tick with bare hands.
- Do not try to smother a tick that is attached to your skin with petroleum jelly, nail polish, gasoline, or rubbing alcohol. This may increase your risk of infection.
- Do not try to burn the tick while it is attached to your skin.
- Put the tick in a dry jar or ziplock bag and save it in the freezer for later identification if necessary.
- Wash the area of the tick bite with a lot of warm, clean water.
- Apply a thin layer of petroleum jelly, such as Vaseline, lightly to the wound. It will keep the bite from sticking to the bandage.
- After you remove the tick, wash your hands really well with soap and water.

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