

May is Lyme Disease Awareness Month

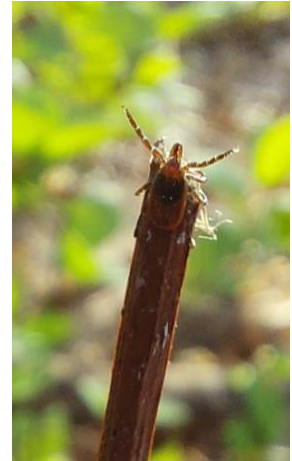


Black legged Tick
Ixodes scapularis



Ixodes scapularis engorging, day 1 to day 7.

Courtesy of University of Rhode Island



Questing Tick

In partnership with the Pennsylvania Department of Environmental Protection, the Beaver County Conservation District kicks off the 2023 tick and mosquito surveillance season. While most insects provide beneficial effects, such as being part of the food web or acting as pollinators for plants, ticks and mosquitoes can become a biting nuisance or more importantly transmit diseases that can make you sick.

The black legged tick, *Ixodes scapularis*, can transmit Lyme Disease. During Lyme Disease awareness month, we'd like to remind everyone to stay safe while enjoying outdoor activities.

To understand how to best protect yourself from ticks and the diseases they can transmit is to identify where ticks can be found and their habits. Ticks do not fly and are found on vegetation where there is shrub cover for hosts like rodents and small mammals. Ticks use a technique called "questing" where they climb to the tip of vegetation and reach their legs out until a host passes by and they climb onto the host. Black legged ticks have 4 stages of life - egg, larva, nymph, and adult. Larva, nymph, and adult stages take a blood meal and can transmit disease.

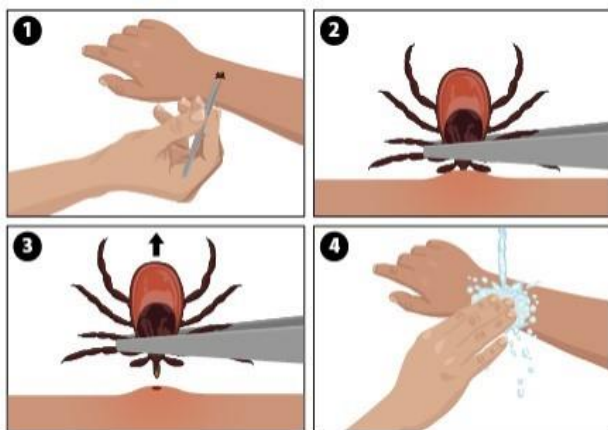
The following tips can help prevent bites from ticks:

- Insect repellent, when used properly, can keep ticks off your skin. Recommended repellents are EPA approved and contain DEET, picaridin, or oil of lemon eucalyptus, and adults should help apply repellent to children under 12. www.epa.gov/insect-repellents website contains information on repellents and a search tool for the best repellent for you.

- Wear a long-sleeved shirt, long pants, and socks to keep bugs off your skin.
- Perform daily tick checks after being outdoors, even in your own yard. Inspect all parts of your body carefully, including your armpits, scalp, and groin. Remove ticks immediately using fine-tipped tweezers. Be sure to pull upward with steady, even pressure to remove the tick. Avoid twisting or jerking. Clean the bite area. Don't use nail polish, petroleum jelly, or a hot match to make the tick detach.

Don't forget to check your pets too!

- Create a tick-safe zone around your home. Such as, removing leaf litter and clearing grasses and brush around your home and the edge of the lawn, and place mulch between lawns and wooded areas to keep ticks off the places you work and play the most.



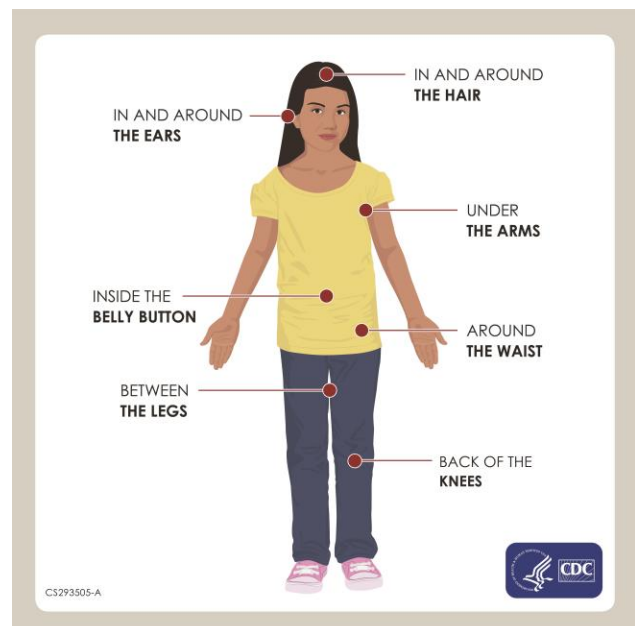
Tick Removal Courtesy of CDC

If you would like more information, please visit our website

www.beavercountyconservationdistrict.org

or if you have any questions, give us a call 724-378-1701 ext. 222.

Enjoy a safe and tick-free month of May and summer!



Areas to check for ticks.