

TICK TALK

Blood-sucking ticks pose significant health risks this spring.

Ticks are tiny arachnids that latch onto hosts, including humans, pets, and wildlife, and carry a range of pathogens for several diseases. For example, in 2019, 50,865 cases of tickborne disease were reported to the [CDC](#) by state and local health departments. Ticks thrive in wooded, grassy, and humid environments. The most common tick-borne illnesses include Lyme Disease, Alpha-gal Syndrome, Rocky Mountain spotted fever, and Anaplasmosis.



More than 34,000 people tested positive for alpha-gal IgE antibodies in the United States during 2010-2018.

Prevention:

- Wear long-sleeved shirts, long pants, and closed shoes.
- Wear tick-repellent clothing and/or use [permethrin](#).
- Apply [EPA-approved insect repellents](#).
- Perform regular [tick checks](#).
- Maintain [tick-safe landscaping](#).

Treatment for Tick-Borne Diseases:

Learn [how to remove ticks](#) if you find one on your skin. Early detection is crucial for effective treatment. If you experience symptoms after a tick bite, consult with a healthcare professional promptly for proper diagnosis and treatment. Most tick-borne diseases can be treated with antibiotics when diagnosed early.