



Keep Ticks At Bay...



Ticks can carry germs that cause serious and sometimes deadly diseases like Lyme disease, Ehrlichiosis, Rocky Mountain spotted fever and Tularemia. Frequent tick checks and prompt removal of ticks increase the likelihood of removing a tick before it can spread disease.

Do what you can to keep ticks away!

- Wear repellent on your bare skin or wear clothes that have repellent built-in.
- Check for ticks at the end of each day.
- Shower after returning from the outdoors. It will help wash off ticks you can't see.
- Change clothes. Don't put on your old clothes that might have ticks still crawling on them.
- Avoid taking short cuts through thick brush and grass if possible.
- Make sure that the repellent you're using contains 20% or more of an active ingredient (like DEET).
- If you see a tick, remove it immediately using fine tipped tweezers.
- Call your healthcare provider right away if you feel ill or develop a fever or rash after spending time in woods. Tell them if you remember being bitten by a tick.

Symptoms to watch for: Many tickborne diseases can have similar signs and symptoms. If you get a tick bite and develop the symptoms below within a few weeks, see your healthcare provider.

The most common symptoms of tick-related illnesses include:

- **Fever/chills.** All tickborne diseases can cause fever.
- **Aches and pains.** Tickborne diseases can cause headache, fatigue, and muscle aches.

People with Lyme disease may also have joint pain.

Rash. Lyme disease, Southern tick-associated rash illness (STARI), Rocky Mountain spotted fever (RMSF), ehrlichiosis, and tularemia can cause distinctive rashes.

FLORIDA DEPT. OF HEALTH Website Link

<https://www.floridahealth.gov/diseases-and-conditions/tick-and-insect-borne-diseases/tick-information.html>

GEORGIA DEPT. OF HEALTH Website Link

<https://dph.georgia.gov/epidemiology/zvbd/tbd>



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Toolbox Talks are provided as a courtesy to SWPA members. Please remember they are to assist you in developing a safety plan. Keep in mind OSHA, Department of Labor and Insurance requirements may change over time and it is your responsibility to make sure your safety plan is up to date. Reference: OSHA, NIOSH, FRA



