

## Tick Identification

Deer, Dog, & Lone Star Ticks

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**Deer Ticks**  
Actual Size

Female  
3 to 3.7 mm

Male  
2 to 2.7 mm

Nymph  
1.3 to 1.7 mm

Larvae  
0.7 to 0.8 mm

**Lone Star Ticks**  
Actual Size

Male Female  
3-4 mm

**Dog Ticks**  
Actual Size

Female  
5-6 mm

Male  
5-6 mm

**Blacklegged Tick**  
"Deer Tick"

**Dog Tick**

**Lone Star Tick**

**Western Blacklegged Tick**

**Rocky Mountain Wood Tick**

## Tick Removal

Using a pair of fine pointed tweezers, grasp the tick as close to the skin as possible, and pull straight up with a steady motion. It may take several minutes for the tick to release. Do not use vasoline or a lit match, and avoid twisting or squeezing the tick with your fingers as this may inject the content of the tick's gut into your bloodstream.

After removal...clean and disinfect the area.  
Mark the date on a calendar.  
Prepare the tick for submission.  
Contact your physician if symptoms\* develop.

**Education & Awareness are key!**

\* A list of tick-borne disease symptoms is available at [www.mainelyticks.com](http://www.mainelyticks.com)

## Tick Submission

### Record of tick removal

Date \_\_\_/\_\_\_/\_\_\_ Time \_\_\_\_\_ tick was removed.

Tick was attached to \_\_\_ Person \_\_\_ Animal \_\_\_ Not Attached

Age of person \_\_\_\_\_ \_\_\_ Male \_\_\_ Female

Body part attached to \_\_\_\_\_

Visible rash? \_\_\_ Yes \_\_\_ No Symptoms? \_\_\_\_\_

If found on animal \_\_\_ Dog \_\_\_ Cat Other \_\_\_\_\_

Town where tick acquired \_\_\_\_\_ State \_\_\_\_\_

### Sample Preparation

Place the tick to be identified in a small crush proof container along with a small piece of wet cotton. Insert the container inside a small zip-loc bag and mail with the appropriate tick submission form to your state agency or diagnostic laboratory.

Services provided by various state agencies and/or diagnostic laboratories vary from simple tick identification to complete pathogen analysis. A partial list of testing labs, services and associated fees is available at [www.mainelyticks.com](http://www.mainelyticks.com)

**Lyme disease** is the most frequently reported vector-borne illness in the United States. In some endemic areas, as many as 40-70% of blacklegged ticks are infected with the *Borrelia burgdorferi* bacteria. While Lyme is endemic in the Northeast and Upper Midwest, other tick-borne diseases are also prevalent in these and other parts of the United States.

By utilizing a combination of education and awareness, landscape modifications, personal protection strategies and the proper and timely removal of attached ticks, you can significantly reduce your chance of contracting tick-borne diseases.

**The single most important step in avoiding tick-borne illnesses is the daily tick check!**

This guide will assist in the identification, proper removal and timely submission of ticks.

**ProTickMe™**  
ID • REMOVE • SUBMIT

**Fact:** Lyme disease is on the rise nationwide and since the year 2000 has increased tenfold or more in several New England states.

Source: CDC

	2000	2008
Maine	71	908
New Hampshire	84	1,611
Vermont	40	404
Massachusetts	1,158	4,582
Rhode Island	675	210
Connecticut	3,773	3,896

**Don't become a Lyme disease statistic.**  
**Perform a daily tick check after outdoor activity!**

The timely and proper removal of attached ticks is key in avoiding tick-borne illnesses.

Complete kits & educational resources available at [www.mainelyticks.com](http://www.mainelyticks.com)  
**1-877-332-3842**

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CDC Image

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