

# What's the Deal With TICKS?

Ticks may spread diseases to people and pets. These are ticks and diseases of concern in this area:



The **brown dog tick** mostly feeds on dogs, biting humans occasionally. It can spread Rocky Mountain spotted fever (RMSF) to dogs and people, and ehrlichiosis to dogs. It's most active where it is hot and dry.



The **western black-legged or deer tick** prefers cooler forests and grassy areas, especially in fall and winter. This tick spreads Lyme disease and anaplasmosis. Its main hosts are lizards, small mammals, and deer.



The **American dog tick** will bite many kinds of animals, including dogs, people, and wild animals. It is found in fields and forests in spring and summer. It can transmit tularemia and cause tick paralysis.



The **Pacific coast tick** feeds on wildlife and sometimes pets and people, and occurs in coastal mountain areas. The tick can spread Pacific coast tick fever.

## Avoid the bite

- Check yourself and family every day
- Wear light-colored pants so you easily see and remove ticks
- Apply DEET or pyrethrins to your pantlegs when hiking or working outdoors
- Use long-acting products like K9 Advantix, Bravecto, or Nexgard for all dogs, even outdoor dogs
- Stay on paths and avoid walking in grass and brush
- Monitor for ticks in outdoor areas where dogs sleep (kennels, doghouses)

## What should I do if I find a tick?

If it's attached to a person or pet, use tweezers to grab the tick close to the skin and pull upward gently.

Tick-borne diseases mimic "flu": you may have head or muscle pain, a fever, or feel tired. Some diseases like RMSF can be fatal if not treated quickly. See your doctor promptly if you have may been bitten by a tick and experience these symptoms.



For information on ticks and tick-borne diseases in the Pacific southwest region, go to <https://pacvec.us/ticks/>.



**PACIFIC SOUTHWEST** CENTER OF EXCELLENCE IN  
**VECTOR-BORNE DISEASES**