What are Ticks?
Ticks are considered parasitic arachnids\(^1\), the same category that spiders belong to.\(^2\) There are two types of ticks, hard body and soft body.\(^1\). The hard bodied ticks are the dominant tick in Ohio, as the only soft bodied tick is present only in bat colonies.\(^3\) They survive by feeding on another animal (host) that will provide them with food (blood).

**Prevention Tactics**
**Know where to find ticks:** This will help you avoid them. Ticks do not fly or hop on to you, but rather climb on to your from either a leaf or blade of grass or they can drop on you from a branch\(^4\).

**Treat Clothing/Gear:** Be sure to treat any of your outdoor clothing, camping gear, and this includes shoes with products that contains 0.5% permethrin\(^4\). An approved list can be found at: [https://www.epa.gov/insect-repellents](https://www.epa.gov/insect-repellents)

**Avoid Contact with Ticks:** Avoid brushy areas and walk in the center of trails\(^4\).

**Check Over After Being Outside:** Do a thorough check of yourself, gear, pets, and clothing after you have been outside to check for ticks\(^4\).

**Shower:** Shower within two hours after returning inside. This helps wash away any unattached ticks and also helps you do a tick check

Create A Tick-Free Yard:

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Susan Knoll, MPH, CDC Foundation Support Epidemiologist

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**Where to Check the Body for Ticks**\(^4\)

1. **IN AND AROUND THE HAIR**
2. **UNDER THE ARMS**
3. **INSIDE THE BELLY BUTTON**
4. **AROUND THE WAIST**
5. **BETWEEN THE LEGS**
6. **BACK OF THE KNEES**
7. **IN AND AROUND THE EARS**

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**Monitor for Symptoms:**\(^5\)
1. **Fever/Chills** – All diseases caused by ticks come with fever and chills.
2. **Aches & Pains** – Tick-caused illnesses can have symptoms of headaches, fatigue, and muscle aches.
3. **Rash** – Different tick bites can cause different types of rashes. Lyme disease is known for it’s bullseye shaped rash. Other illnesses causes by ticks are: Rocky Mountain Spotted Fever, Ehrlichiosis, Tularemia, and Southern-tick associated rash illness (STARI).

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**Sources:**