

## PROTECT YOURSELF AND YOUR FAMILY FROM TICKS

- 1. Protect yourself from ticks:** Wear light-colored pants tucked into your socks when hiking, walking, or working in tick areas. Repellents containing DEET will repel ticks as well as mosquitoes. Discourage ticks around your home by keeping grass mowed, cutting back dense vegetation, and removing debris piles.
- 2. Perform regular tick checks:** Check your entire body for ticks for several days after you have been in tick habitat. Pay close attention to the hairline, waistline, armpits, and other places where clothing is constricted. Carefully examine children and pets.
- 3. Remove attached ticks immediately:** Removing ticks promptly can reduce the risk of transmission of Lyme disease and other tick-borne diseases.
- 4. Seek medical attention** if you become ill after a tick bite. If possible, take the tick to your doctor or contact the Placer County Public Health Department for testing.
- 5. Contact the District** for help at (888) 768-2343 or visit us online at [www.placermosquito.org](http://www.placermosquito.org)

## PROPER TICK REMOVAL

- Do not squish, burn, smother or twist ticks.
- Ideally, use tweezers to grasp the head of the tick as close to the skin as possible, and pull straight out.
- Use gloves, tissue or other barrier if you must use your fingers to remove the tick.
- Wash your hands and the bite site with soap and water after tick removal.

A localized reaction or infection can occur where the tick was attached. If redness or pain develops at the tick bite site, consult your physician.



## SERVICES

The Placer Mosquito and Vector Control District provides year-round services to the residents of Placer County through our comprehensive Integrated Pest Management program, which includes surveillance, control and public education. District technicians promptly respond to requests for service, conduct on-site inspections and provide information about vectors including but not limited to mosquitoes, ticks, yellowjackets and rats. For inquiries or to request service, please call the District toll free at (888) 768-2343, or visit us online at [www.placermosquito.org](http://www.placermosquito.org) to join the spray notification list.

## FIGHT THE BITE

by practicing the District's **3Ds** of protection:

- 1. DRAIN** any standing water that may produce mosquitoes.
- 2. DEFEND** yourself against mosquitoes by using an effective insect repellent, such as DEET, Picaridin or Oil of Lemon Eucalyptus. Make sure you follow label directions!
- 3. Contact the DISTRICT** for help. We are here to serve you. Call us at (888) 768-2343, or visit us online at [www.placermosquito.org](http://www.placermosquito.org).

*Your tax dollars hard at work*

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The Placer Mosquito & Vector Control District is concerned about protecting and preserving the environment. We strive to cut down on waste and use eco-friendly materials wherever possible.

If you must print this electronic version, please use recycled paper made from post-consumer waste.



## ABOUT TICKS IN PLACER COUNTY





Placer County's rich, diverse landscape from the bright city lights of the valley floor to the rolling foothills to the magnificent snow-capped mountains of the Sierra Nevada, appeals to people from all walks of life. This diverse landscape also provides attractive habitat for a wide variety of mosquitoes and other vectors including ticks and yellowjackets. Be diligent and protect yourself and your family while outdoors and enjoying all that Placer County has to offer.

The Placer Mosquito and Vector Control District strives to reduce mosquito and other vector populations, promote awareness of vectors and vector-borne diseases, and decrease health risks to residents in Placer County.

Since 2001, the District has worked diligently to:

- **inspect, reduce and eliminate** mosquito breeding sources in Placer County
- **employ Integrated Pest Management** strategies and techniques to reduce vector populations and protect public health from mosquitoes and mosquito-borne diseases
- **use public funds efficiently** and responsibly to achieve the District's mission
- **educate and inform** the public about current and emerging mosquito and vector-borne diseases



### What is a vector?

A vector is an insect or any other animal capable of transmitting a disease or causing harm to people or animals.



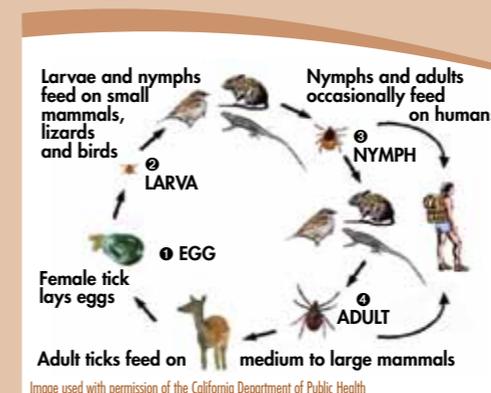
## THE FACTS ABOUT TICKS

Ticks are blood-sucking arthropods that can transmit a wide variety of diseases such as Lyme disease, Rocky Mountain spotted fever, tick-borne relapsing fever, tularemia, babesiosis, anaplasmosis and ehrlichiosis. Lyme disease is the most common tick-borne disease in Placer County.

Ticks can be found most commonly in grassy, brushy, or wooded areas, especially along sides of trails. Ticks do not fly, jump, or fall out of trees! Ticks wait on the tips of vegetation for people or other animal hosts to pass by. When a tick grasps a passing host, it will then crawl in search of a suitable location to attach to the skin. Once attached, the tick will secrete a cement-like substance that helps it stay firmly in place to feed. Generally, the longer the tick stays attached the higher the risk of disease transmission. A feeding tick may remain attached for many hours or days, after which it will drop off the host.

### A Tick's life cycle

Ticks have four distinct life stages (photo below): 1) egg, 2) larva, 3) nymph, and 4) adult. Both males and females in the last three stages require a blood meal.



## TICK SPECIES OF CONCERN IN PLACER COUNTY



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### Western Black-Legged Tick

This tick is usually found in areas with high humidity from October to July. Larvae and nymphs feed on small animals

like rodents and lizards. Adults feed on larger mammals including humans and deer. This tick is the primary vector of Lyme disease in Placer County.



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### Pacific Coast Tick

This tick is usually found in areas with high humidity from November to June. Larvae and nymphs feed on small rodents while adults feed on large

mammals, especially deer. This tick is a vector of Rocky Mountain spotted fever.



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### American Dog Tick

This tick is usually found from May to August. Larvae and nymphs feed on smaller mammals, while adults feed on larger mammals,

especially dogs. This tick is a vector of Rocky Mountain spotted fever.



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### Ornithodoros hermsi

This tick looks different than the others because it is a member of the soft-tick family. This tick is usually found in mountain cabins

and other dwellings. Their primary hosts are rodents, but these ticks will also bite humans, and may vector tick-borne relapsing fever.