We are pleased to announce the fourth issue of *Tick Talk*. You can count on each quarterly issue to feature tick facts, bite prevention tips, and other resources to prevent one bite from changing your life! Find the latest issues at [www.barnstablecountyhealth.org](http://www.barnstablecountyhealth.org).

**MYTH: Ticks are NOT Active in Winter**

**FACT: Ticks Attach to Humans and Animals in Winter**

Colder weather does not mean an end to outdoor activities. Despite a brisk breeze and frigid flurry we still need to walk our pets. Many of us enjoy winter activities such as skiing, sledding, and hiking. In addition to enjoying the coming cool weather, you should also take steps to prevent tick-bites. Did you know that most people are bitten in their own yard? We’ve scattered a few small clues throughout this issue to remind you how to prevent one bite from changing your life! Can you spot them all?

**HOW TO PREVENT TICK BITES**

- Use permethrin for clothes and shoes
- Use DEET for skin
- Wear insect repellent or protective clothing (long pants and shirt)
- Always check for ticks immediately after activity and again at bedtime. Check your groin, neck, ears, and back of knees.
- Stay on trails and paths, not in high grass.

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*Tick Talk*
Tick Awareness Newsletter
Winter 2017-2018 Issue
Disease Highlight – Anaplasmosis

If you recall from our previous issue, the deer tick, also known as the blacklegged tick, can carry germs that cause a number of tick-borne illnesses. In this issue, we will explore one of those diseases, Anaplasmosis, caused by the Anaplasma phagocytophilum germ.

Symptoms usually show 1-2 weeks after the bite of an infected tick. Symptoms may include fever, headache, muscle pain, discomfort, chills, nausea, cough, and confusion. Some people experience a rash. Remember that everyone may not show the same symptoms. Contact your doctor if you have any of these symptoms or if you have had a recent tick bite.

Remember the tick life-cycle? Of the egg, larvae, nymph, and adult stages, ticks in the nymph stage are most likely to transmit the disease. Here’s why tick-bite prevention is so important – there were 828 cases of Anaplasmosis reported in Massachusetts in 2016. That’s an 8% increase over the previous year. Barnstable and Nantucket represent two of the five counties with the highest number of cases in the state.

**Can You Complete This Tick Check For Knowledge?**

**ACROSS:**
3. Repels ticks from skin
4. Place where most people are bitten by ticks
5. Tool used to remove ticks
6. Tick stage most likely to spread disease
7. Can be spread by deer ticks

**DOWN:**
1. Repels ticks from clothes
2. Symptom of Anaplasmosis

**IF YOU FIND A TICK**
Be sure to remove an attached tick as soon as you notice it. Call your doctor and save the tick to have it tested. For more information on tick reports visit [www.tickreport.com](http://www.tickreport.com)

**DID YOU KNOW?**
After ticks bite, they produce a cement-like chemical to stay attached. That’s why ticks are so hard to remove!