

# TICK PREVENTION

## Introduction

Over 250,000 cases of Lyme disease have been reported in the US in the last decade. Lyme and other tick diseases are spread to humans and animals by the bite of an infected tick. In New Hampshire, and across the United States, Lyme disease is the most commonly reported tickborne disease. Anaplasmosis, Babesiosis and Powassan Virus are transmitted by ticks and have been documented in New Hampshire.

- Over the past two decades, seven new tick diseases have been identified in the US.
- In 2021, the CDC reported that New Hampshire is one of the places with highest incidence of Lyme disease, Anaplasmosis, and Babesiosis in USA.
- Reported cases capture only a fraction of the overall number of people with illnesses caused by tick bites.

## Ticks and Diseases

Lyme disease, Anaplasmosis, Babesiosis and Powassan Virus are transmitted by the bite of the blacklegged tick (or deer tick). Blacklegged ticks have four life stages: eggs, larvae, nymphs and adults. The blacklegged tick nymphs are most active in the late spring through summer months (usually May through August) and are the most likely to infect humans with tickborne diseases.

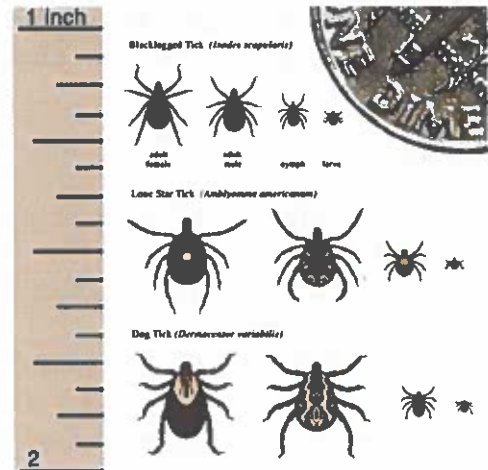
The Lyme disease bacterium and Babesia parasite are spread through the bite of infected ticks. In most cases, the tick must be attached for 36 to 48 hours or more before the bacterium or parasite can be transmitted.

Cases of babesiosis rose by 25% from 2011 to 2019, causing the CDC to add three states, Vermont, Maine and New Hampshire, to the list where the illness is considered endemic.

Powassan Virus (POW) is spread to people by infected ticks. A tick needs to be attached to a person for only 15 minutes to transmit Powassan Virus. In the last decade, 202 cases of POW have been detected in the United States. New Hampshire has identified seven human cases since 2013. The majority of POW cases have been in Rockingham County.

## Prevention

- Wear light colored clothing
- Tuck your shirt into your pants and your pants into your socks
- Treat your clothing and gear with 0.5% Permethrin or buy clothes that are pretreated such as Insect Shield or No Fly Zone
- Use an EPA registered insect repellent. Find options at [Repellent Search Tool](#)



- Avoid tall grassy areas and walk in the middle of trails
- Check your clothing for ticks
- Examine your pets for ticks
- Shower soon after being outside
- Check your skin and scalp for ticks
- Create a tick free zone in your yard
  - Remove leaf litter
  - Clear tall grasses and brush around homes and at the edge of lawn
  - Place a 3-ft wide barrier of wood chips or gravel between lawns and wooded areas to restrict tick migration into recreational areas
  - Mow the lawn frequently
- Use pesticides to reduce ticks in your yard
  - Follow the label
  - Spray in the evening and avoid spraying flowers to protect bees
  - If you have your yard sprayed by professionals, educate yourself on the products and methods they are using



## Dogs

- The most important tickborne diseases that affect dogs are Lyme disease, Ehrlichiosis, Anaplasmosis, Rocky Mountain Spotted Fever and Babesiosis
- All of the above can have serious health consequences for dogs
- Use a veterinary approved tick prevention
- Vaccines are available for Lyme disease
- Regularly inspect your dog
- Remove ticks quickly



## Resources

Find shareable resources at [Tick Free NH](#)

UNH Cooperative Extension's tick fact sheet at [UNH Fact Sheet](#)

The Centers for Disease Control and Prevention website [Ticks | CDC](#)

A Tick Management Handbook is available at [Tick Management](#)