Tick-borne diseases (TBD) are on the rise. The number of reported cases has increased from 48,610 in 2016 to 59,349 in 2017.\(^1\) To protect yourself, think of the number 3.

### 3 FAST FACTS

1. Ticks are more closely related to spiders than to insects. They have 8 legs, not 6!\(^1\)
2. Ticks “quest” for their prey; they don’t fly or jump. They have to reach out with their front legs to attach to potential prey, and just hope for the best.\(^1\)
3. Ticks must have a bloodmeal to survive and advance to the next lifestage.\(^1\)

### 3 MORE REASONS TO AVOID Ticks

1. Ticks spread many diseases, including Lyme disease and Rocky Mountain Spotted Fever.
2. The Lone Star Tick is associated with the alpha-gal allergy or the “red meat allergy”, causing some individuals to have adverse reactions when consuming certain meats.\(^1\)
3. Symptoms of a TBD can show up in 24 hours to 30 days, depending on the pathogen.\(^1\)

### 3 TIPS TO AVOID CONTACT

1. Wear long pants tucked into boots, long sleeved shirts, and hats that protect from questing ticks. You can treat clothing with permethrin for extra protection.\(^1\)
2. Use an EPA-registered repellent! Including DEET, picardin, or Oil of Lemon Eucalyptus.\(^2\)
3. Do a “Tick Check” immediately after outdoor activities.\(^2\)

### 3 ACTIONS TO TAKE IF YOU FIND SOMETHING

1. Prepare to remove the tick quickly! Time is of the essence.\(^2\)
2. Use tweezers to firmly grasp the tick and pull outward from the skin with even pressure. Hold steady.\(^2\)
3. Clean the area, watch for symptoms, keep the tick for identification, then dispose in ethanol or flush it down the toilet!\(^2\)

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2. www.cdc.gov/ticks
4. globallymealliance.org