

# Ticks

## What are ticks ?

Ticks are arachnids, like spiders and mites, and are commonly found in moist or humid environments near wooded or grassy areas.



Deer Tick



Dog Tick

## What purpose do ticks serve?

Ticks are a favorite food source for chickens, turkeys and other ground birds like grouse.

A strong and important link in the food chain, ticks take nourishment from larger host animals high in the food chain and transfer that down to lesser organisms.

**Remember:** Ticks cannot jump onto you! They're most likely to hitch a ride as you walk past them dangling off a twig or blade of grass.

## What is poison ivy ?

Poison ivy (and its cousins poison oak & poison sumac) is a plant that can cause a red, itchy, and highly uncomfortable rash when its oil, urushiol, touches your skin. You can get the oil on you from the leaves the vine and the sticks—even in winter!

### Prepare Yourself

- “Leaves of three, let them be” Know what poison ivy looks like to avoid touching it AND walking through it
- Wear long pants, long-sleeve shirts, socks, and fully-enclosed shoes if walking in suspect areas.

### I've got it. Now what?

Most rashes can be treated at home. Follow these steps immediately after exposure or to relieve symptoms:

- Wash contact area with **cold** water
- Treat exposed clothing with care as oils can linger days afterward. Make sure to wash thoroughly using a detergent that removes oil.
- Relieve symptoms with cool baths, compresses, non-prescription antihistamines or calamine lotion.
- Natural Remedies - use jewelweed (found throughout the grounds) to wash and also use it as a compress.

## Be Prepared and Stay Alert

- Wear light-colored clothing so ticks can be spotted easily.
- Know where ticks are found and use caution when walking through tall grasses.
- Apply a bug repellent—many are designed specifically for ticks.
- Perform a Tick Check daily

## Lyme Disease

Not all ticks carry Lyme, but proper care should be taken if you suspect you may have contracted the disease. Contact your physician if concerned.

### Performing a Tick Check

The best way to find a tick on you is through touch. Check the following areas thoroughly:

- Armpits
- In and around ears
- Belly button
- Back of knees
- In your hair
- Between your legs
- Around the waist

### How to Remove a Tick

If you find a tick on you—don't freak out (and don't use a lighted match)! Using tweezers, carefully remove the tick from as close to the skin as possible to ensure that you get the head. Once it's off, save it! Take the bug to your local Health Department to test for diseases. Lyme and other tick-borne diseases are fairly easily cured with antibiotics if caught early.

# poison ivy



Spring

Summer

### How to Identify Poison Ivy

Knowing what poison ivy looks like & where it is found the first step towards avoiding it:

1. Poison Ivy generally grows in a cluster of low, weed-like plants or woody vines that climb up trees layering the trunk in glorious green.
2. Edges of leaves are generally smooth or have tiny "teeth." Color changes based on the season -- reddish in spring; green in summer; yellow, orange, or red in autumn. Berries are typically white.
3. In our area of CT, it grows EVERYWHERE!