Identification at a glance

Deer Tick (Ixodes scapularis and pacificus)
Transmits agents of Lyme disease and a parasitic disease called babesiosis.

Lone Star Tick (Amblyomma americanum)
Transmits agents of ehrlichiosis and a Lyme-like condition known by the acronym STARI.

American Dog Tick (Dermacentor variabilis and andersoni)
Transmits agents of Rocky Mountain spotted fever and tularemia.

Geographic distribution of human-biting ticks

How to protect yourself

Reduce the risk of contracting Lyme disease by following these steps.

Avoid marshy areas and don't brush up against high grass and woody shrubs.
Wear light-colored clothing so you can spot ticks more easily.
Wear long pants and tuck them into your socks to prevent ticks from crawling up your legs. Tick researchers wind duct tape around the sock-pant junction to keep ticks out.
Apply Ben’s Tick Repellent to your skin and apply Ben’s Clothing & Gear to your clothing.
At least once a day, check your body. Think small - deer tick nymphs, which spread Lyme disease far more often than adult deer ticks, are about the size of poppy seeds.

How to remove a tick

Carry fine-tipped tweezers when hiking in high-risk areas. If you find an embedded tick, grasp it near your skin with the tweezers and pull it out in one steady motion without crushing it. Don’t worry if mouthparts remain in your skin; once a tick’s body is gone, it can no longer transmit disease. Wash your skin with soapy water or alcohol.

What to do after you’ve been bitten

Studies show it takes 36-48 hours for Lyme bacteria to move from tick to human, in part because the bacteria must migrate from a deer tick’s midgut to its salivary glands before passing to a human host. If you remove a tick within 36 hours, your odds of contracting Lyme disease are slim -- less than 4 percent, says Gary Wormser, chief of the Division of Infectious Diseases at New York Medical College. See your health care provider if you have developed any of the symptoms of Lyme disease, including a bull’s-eye rash, fever, exhaustion, or joint and muscle pain.