

BE TICK SMART IN MAINE!

Q: Where are ticks found?	A: In brush and low shrub areas like fields and leaf litter.
Q: Does Maine have more than one species of tick?	A: Sixteen species are found in Maine. Deer ticks, dog ticks, and winter ticks are the most common. Lone star ticks and woodchuck ticks are found in Maine but are much less common.
Q: When am I most likely to encounter ticks?	A: Ticks are more active in the spring and fall. Late June and July, when the weather is humid and warm, is the peak of deer tick nymph season, although ticks have also been seen in the spring, fall, and winter.
Q: How can I avoid tick bites?	A: Wear long clothing that covers the skin. Ticks attach to clothing and walk up, so tuck pants and shirt in. Permethrin, DEET, or natural tick sprays on shoes, socks, and pant legs help repel ticks.
Q: How do I check for ticks?	A: Make a daily habit of checking yourself for ticks. Check dark warm places: underarms, behind knees, behind ears, groin, navel, and lower legs.
Q: What are the most common symptoms of a tick bite?	A: Most people get a rash that looks like a bull's eye or target. Fatigue, fever, headache, and body aches are common. Cardiac rhythm disturbances and nerve swelling or neuritis can also occur. Some people are asymptomatic.

Photo right: Howard Hill plein air painting workshop

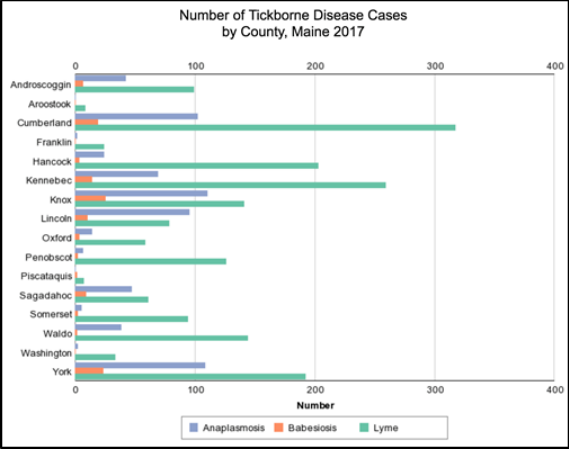
BE TICK SMART CONT...

Q: What is my risk of getting Lyme disease?	Lyme is currently the most common tick-borne disease in Maine. Only deer ticks can transfer Lyme. About 50% of deer ticks have the potential to infect humans, so even if you are bitten by a deer tick, there is a chance you are okay. The greatest risk is when tiny nymphs are numerous; their painless bites are hard to detect. See a doctor if you find a deer tick that has been on your body for more than 24 hours. Your risk of disease increases the longer the tick is on you.
Q: What other types of diseases are transmitted by deer ticks?	A: Anaplasmosis, babesiosis, and powassan encephalitis are also transmitted by deer ticks. Powassan is much less common. All three of these diseases have symptoms that are similar to or more severe than those of Lyme disease.
Q: How do I remove an attached tick?	A: Place tweezers as close to the skin as possible. Lift straight up. Clean the bite with soap or rubbing alcohol. The head of the tick may stay stuck and does not carry disease, but could cause a skin infection. Flush ticks or send them to be identified by contacting 207-581-3880 or tickid@maine.edi.

Lanwood Riggs



RATES



EPHT



The Kennebec Land Trust (KLT) works cooperatively with landowners and communities to conserve the forests, shore lands, fields, and wildlife that define central Maine. KLT protects land permanently, offers opportunities for people to learn about and enjoy the natural world, and works with partners to support sustainable forestry and farming.

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TICKS AND THEIR HABITATS:
A PUBLIC HEALTH RESEARCH PROJECT

Kennebec Land Trust
Howard Hill Historical Conservation Area
& Effie L. Berry Conservation Area



BY: JORDAN TANGUAY
KENNEBEC LAND TRUST INTERN
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GET IN THE KNOW

Q: Are there ticks at Howard Hill?	A: Yes. In my research I identified two species of ticks in four different plant communities. I identified larvae, nymph, and adult deer ticks and dog ticks.
Q: What is KLT doing to help create a safe outdoor environment at Howard Hill and other conservation properties?	A: Since 2017, KLT members and volunteers have been working to widen trails and remove invasive species on Howard Hill. Widening trails, curtailing invasive populations, and reducing forest fragmentation are ways to reduce habitats that are preferred by ticks in Maine. The Kennebec Land Trust is always looking for new volunteers to help with this trail work. To volunteer with KLT, call 207-377- 2848 or go online to tklt.org to find out more!
Q: Where can I get the most up to date information about ticks?	Go to The Maine Medical Center Research Institute to find up to date information about ticks in Maine. http://mmcri.org/ns/?page_id=3618



KLT summer intern Jordan Tanguay collecting ticks using a tick drag method.

WHERE ARE THE TICKS?

Tick Collection Study: Ticks were collected on five days in the summer of 2018. I spent approximately the same amount of time sampling in each habitat. Note: Weather conditions, tick collecting methodology, and identification methodology could have influenced these results.

Where are the ticks?
There are four distinct plant habitats on Howard Hill. Based on the total number of ticks collected, ticks are distributed as follows:

