BE TICK SMART IN MAINE!

| Q: Where are ticks found? Q: Does Maine 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 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 cover 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? Q: How do I check for ticks? Q: What are the most common symptoms of a tick bite? A: In brush and low shrub areas like fields and leaf litter. A: Sixteen species are found in Maine. Deer ticks and winter ticks and winter the sprayed 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. 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. A: Make a daily habit of checking yourself for ticks. Check dark warm places: underarms, behind knees, behind ears, groin, navel, and lower legs. 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. | | |
|--|------------|----------------------------------|
| G: Does Maine have more than one species of tick? Q: When am I most likely to encounter ticks? Q: How can I avoid tick bites? Q: How do I check for ticks? Q: How do I check for ticks? Q: What are the most C: Check dark warm places: underarms, behind knees, behind ears, groin, navel, and lower legs. Q: What are the most C: What are the most common 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. 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. 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 | Q: Where | A: In brush and low shrub areas |
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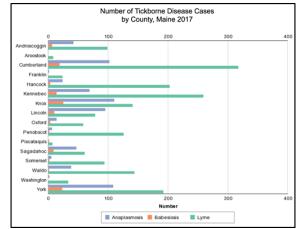
Photo right: Howard Hill plein air painting workshop

BE TICK SMART CONT...

| Q: What is | Lyme is currently the most |
|-------------|-------------------------------------|
| my risk of | common tick-borne disease in |
| getting | Maine. Only deer ticks can |
| Lyme | transfer Lyme. About 50% of |
| disease? | 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 | A: Anaplasmosis, babesiosis, and |
| other types | powassan encephalitis are also |
| of diseases | transmitted by deer ticks. |
| are | Powassan is much less common. |
| transmitted | All three of these diseases have |
| by deer | symptoms that are similar to or |
| ticks? | more severe than those of Lyme |
| | disease. |
| Q: How do | A: Place tweezers as close to the |
| I remove | skin as possible. Lift straight up. |
| an attached | Clean the bite with soap or |
| tick? | 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. |

Linnwood 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.

KLT 331 Main Street P.O. Box 261 Winthrop, ME 04364 207-377-2848 tklt.org

A huge thank you to those who helped with this project: Kirsten Brewer, Theresa Kerchner, Chuck Lubelczyk, Jane Matrisciano, and Jean-Luc Theriault



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
AUGUST 19, 2018

GET IN THE KNOW

| Q: Are there | A: Yes. In my research I |
|---------------|---------------------------------|
| ticks at | identified two species of ticks |
| Howard | in four different plant |
| Hill? | communities. I identified |
| | larvae, nymph, and adult deer |
| | ticks and dog ticks. |
| Q: What is | A: Since 2017, KLT members |
| KLT doing | and volunteers have been |
| to help | working to widen trails and |
| create a safe | remove invasive species on |
| outdoor | Howard Hill. Widening trails, |
| environment | curtailing invasive |
| at Howard | populations, and reducing |
| Hill and | forest fragmentation are ways |
| other | to reduce habitats that are |
| conservation | preferred by ticks in Maine. |
| properties? | 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 | Go to The Maine Medical |
| can I get the | Center Research Institute to |
| most up to | find up to date information |
| date | about ticks in Maine. |
| information | http://mmcri.org/ns/ |
| about ticks? | ?page_id=3618 |
| | |
| | |



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:









