

# Tick Prevention Calendar

# 2024



**pennsylvania**  
DEPARTMENT OF HEALTH

# What are ticks?



Ticks are arthropods, with eight legs, like a spider. The only food source of ticks is blood. Ticks cannot fly or jump; they crawl.

# Signs & symptoms of tickborne diseases

Most tickborne diseases begin with flu-like symptoms: fever, chills, headache, muscle, and joint aches. However, most tickborne diseases occur in the summer when the flu does not circulate. If you have flu-like symptoms, especially without respiratory symptoms, seek medical care as soon as possible.

People with Lyme disease usually, but not always, have a rash at the site of the tick bite. It may look like a bull's eye, but it may just be round or oval. It may appear red, purple, or blue on fair skin; on darker skin tones it may appear brown, black or white.

Later tickborne disease symptoms may include blood irregularities like anemia, thrombocytopenia, liver test abnormalities, and leukopenia. All bacterial and parasitic tickborne diseases are treatable. Viruses are treated with supportive care.

# Ticks in Pennsylvania

## DEER TICKS

Deer ticks are the most common ticks in Pennsylvania. These are the ticks that can transmit the bacteria that causes Lyme disease, anaplasmosis and *Borrelia miyamotoi* disease. They can also transmit the parasite that causes babesiosis, and Powassan virus.



Three life stages of deer ticks (L-R): Nymph, Adult, Larvae

## DOG TICKS

Dog ticks are the second most common tick in Pennsylvania. Dog ticks can transmit the bacteria that causes Rocky Mountain spotted fever.



US Army Public Health Center



US Army Public Health Center

## LONE STAR TICKS

Lone star ticks are becoming more common in Pennsylvania. These ticks can transmit the bacteria that causes ehrlichiosis and viruses like Heartland virus and Bourbon virus, and may cause alpha gal allergy or meat allergy.



# Tick Prevention

Although there are different types of ticks in Pennsylvania, these prevention strategies work for all types of ticks.

## TREAT CLOTHING WITH PERMETHRIN



## TREAT CLOTHES, SHOES, AND GEAR WITH PERMETHRIN.

Permethrin is a chemical that kills ticks on contact. Treat the shoes and clothing you will be wearing outdoors, as well as gear you may use for camping or hunting, with permethrin to prevent tick bites. Follow the directions on the bottle.



## APPLY INSECT REPELLENT

Before going outside, apply insect repellent to your skin and the outside of your clothes. Follow the directions on the bottle. Look for ingredients that have been shown to prevent tick bites like DEET, picaridin, oil of lemon eucalyptus (OLE), IR3535, or para-menthane-diol (PMD). If using both sunscreen and insect repellent, apply sunscreen first.



## CHECK FOR TICKS

A tick typically needs to be attached for hours, or even days, before it transmits bacteria, so checking for ticks is an important part of tickborne disease prevention. When you are engaging in outdoor activities, check for ticks regularly. When you come inside, take a shower to remove ticks that haven't bitten yet and do a thorough tick check. Keep in mind that children and other dependents may need help with tick checks.

## PREVENT TICKS ON PETS

Dog owners are more likely to get Lyme disease than people who do not own dogs. Dogs may be bitten by ticks and get Lyme disease themselves, and they may bring ticks into the home. Ask your vet about the best way to prevent ticks on pets. Permethrin-treated collars may be a good option for dogs, but cats are very sensitive to chemicals, so ask your vet before using any tick prevention products on cats. Dogs may also get vaccinated for Lyme disease. Don't forget to do tick checks on pets.



## TICK PREVENTION IN THE YARD

Using pesticides in the yard may minimize the number of ticks. Landscaping strategies may also minimize ticks. Consider a mulch border between the woods and your yard if your yard borders or includes a wooded area. Minimize leaf piles. Keep wood piles neat. Keep grass, weeds and shrubbery trimmed. Remove trash from the yard. Keep play areas and decks or patios away from wooded areas. Remove Japanese barberry bushes from the yard.

# Prevention T.I.C.K.

## Treat clothes and shoes with permethrin

Apply permethrin insecticide to clothes, shoes, and gear before engaging in outdoor activities.

## Insect repellent

Apply an EPA-approved insect repellent to your skin and over your clothes before engaging in outdoor activities.

## Check for ticks

Check for ticks regularly while you are outside and conduct a thorough tick check when you come inside.

## Keep watch for signs and symptoms of tickborne illnesses

Watch for the signs and symptoms described for each disease, especially in the summer when ticks are most active. Seek medical care if you develop symptoms related to tickborne diseases.



Izabela | Grade 2 | Cambria County, PA

*Although the risk of tick encounters is low in the winter, it is still possible on warm winter days. If you spend time outdoors on warmer days, remember to prevent ticks and do tick checks.*

HIGHEST

HIGH


MEDIUM

LOW

LOWEST



# January

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b> New Year's Day	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
<b>14</b>	<b>15</b> Martin Luther King Jr. Day	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>			

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## Insect repellent

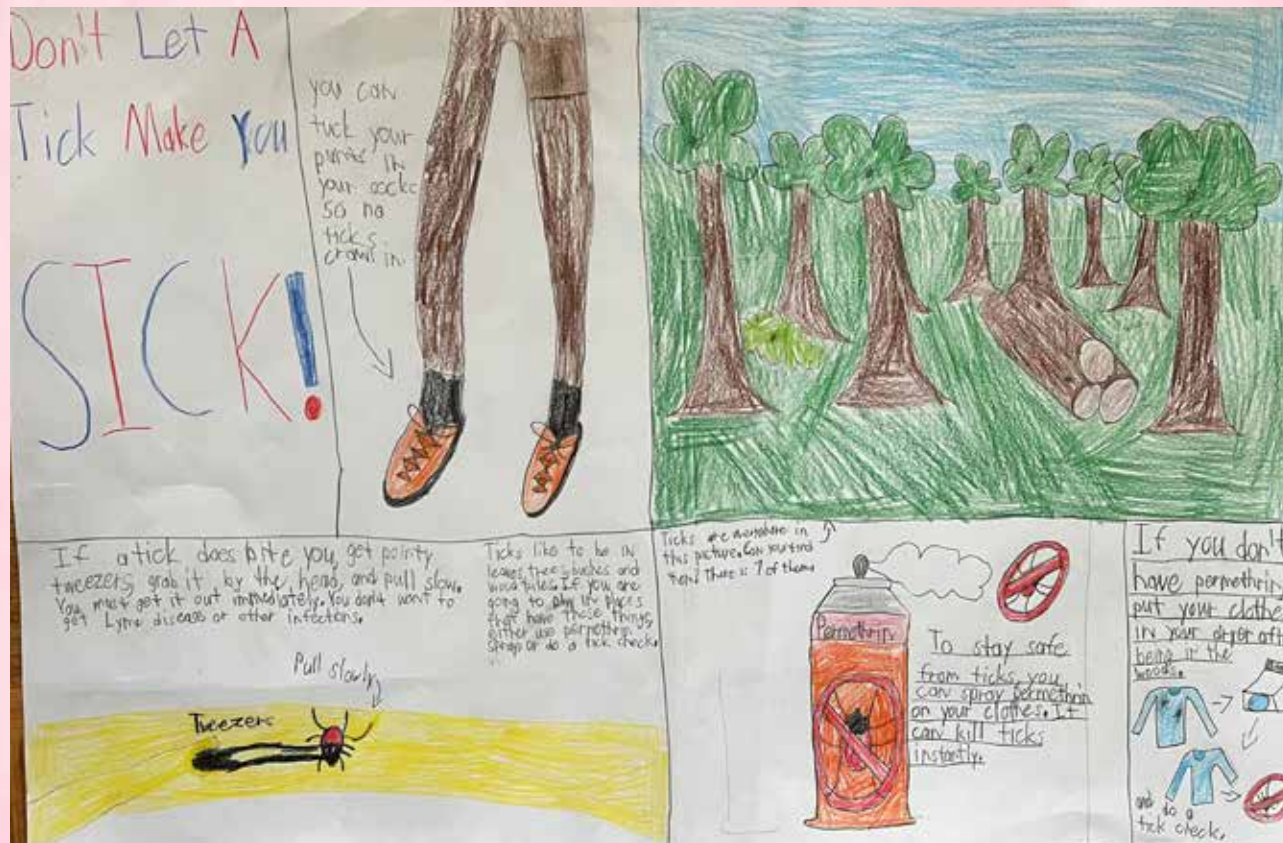
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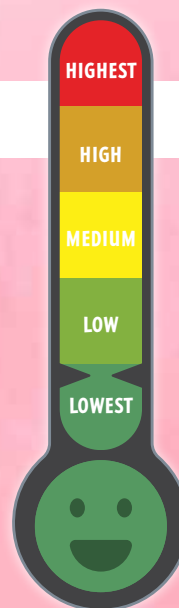
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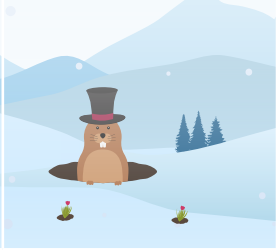

## Landon | Grade 4 | Juniata County, PA

*Begin planning how you will prevent tick bites when the weather warms and you begin spending more time outdoors. Are there any landscaping changes you can make to limit ticks in your yard? Consider:*

- Adding mulch borders between your yard and the woods
- Removing Japanese barberry bushes
- Cleaning up wood piles & moving them away from where children & pets play
- Removing leaf piles



# February

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2 Groundhog Day	3
4	5	6	7	8	9	10
11	12	13 Shrove Tuesday/ Mardi Gras	14 Valentine's Day	15	16	17
18	19 Presidents' Day	20	21	22	23	24
25	26	27	28	29		



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Caitlyn | Grade 5 | Washington County, PA

*As the weather begins to warm, deer ticks may be emerging. Spring is when they lay eggs. Begin making your yard less tick friendly and purchasing insect repellent and permethrin. If you have pets, talk to your vet about the best ways to prevent ticks and tickborne diseases in pets.*

HIGHEST

HIGH

MEDIUM

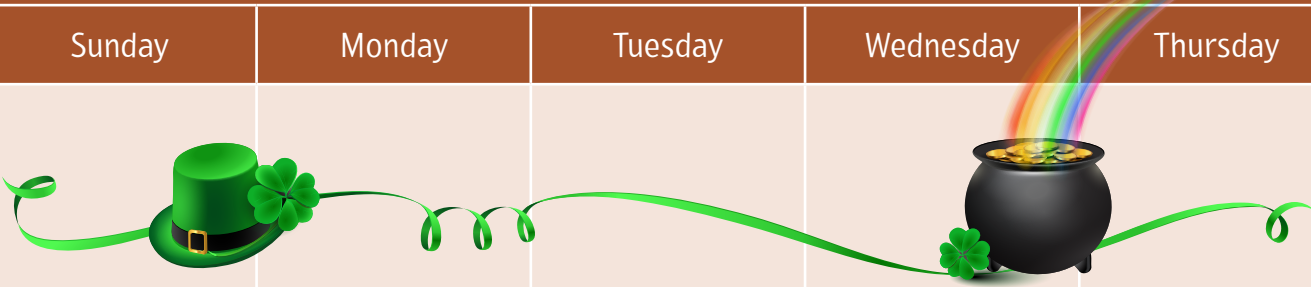

LOW

LOWEST





# March

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<b>1</b>	<b>2</b>	
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
<b>10</b> Daylight Saving Time starts	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
<b>17</b> St. Patrick's Day	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
<b>24</b> Holi Starts	<b>25</b> Holi Ends	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
<b>31</b> Easter						

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Caroline | Grade 2 | Lancaster County, PA

*Many tick encounters are reported in April. Adult deer ticks are out seeking hosts. This is when people spend more time outdoors, doing yard work, and planting. Yard work and gardening are high risk for tick bites. Remember to practice prevention strategies when you spend time outside.*

HIGHEST

HIGH

MEDIUM

LOW

LOWEST



# April

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
<b>14</b>	<b>15</b> Tax Day	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
<b>21</b>	<b>22</b> Earth Day Passover Begins	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
<b>28</b>	<b>29</b>	<b>30</b> Passover Ends				

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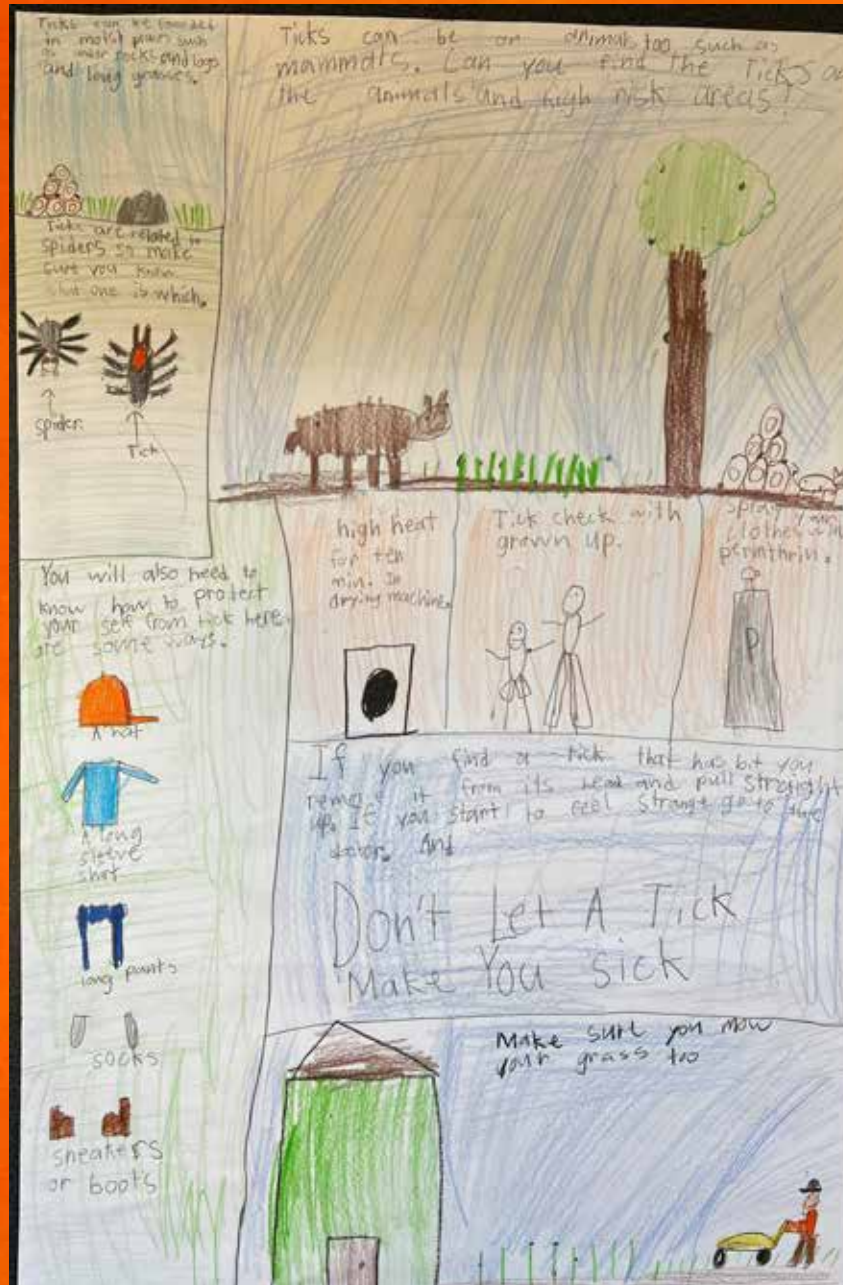
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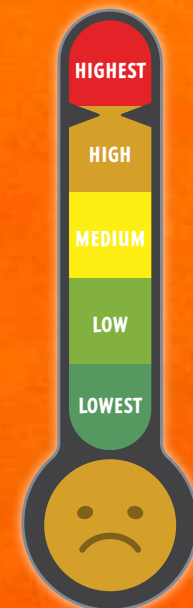
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Watch for the signs and symptoms described for each disease, especially in the summer when ticks are most active. Seek medical care if you develop symptoms related to tickborne diseases.



Evan | Grade 4 | Juniata County, PA

May is Lyme Disease Awareness Month. This is when Lyme disease cases increase in Pennsylvania. As the weather warms, people spend more time outdoors and nymphal deer ticks emerge. Practice prevention strategies when spending time outdoors.



# May

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8	9	10	11
Cinco de Mayo						
12	13	14	15	16	17	18
Mother's Day						
19	20	21	22	23	24	25
26	27	28	29	30	31	
	Memorial Day					

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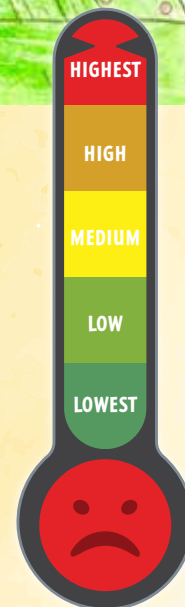
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Adam | Grade 5 | Butler County, PA

*June is the peak month for Lyme disease. Nymphal deer ticks are responsible for most Lyme disease cases reported in Pennsylvania. Nymphal deer ticks are tiny and can be hard to see during casual tick checks. Nymphal deer ticks can look like a freckle. Be sure your tick checks are thorough, both looking and feeling for ticks. Practice prevention strategies when spending time outdoors.*



# June

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						<b>1</b>
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b> D-Day	<b>7</b>	<b>8</b>
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b> Flag Day	<b>15</b>
<b>16</b> Father's Day	<b>17</b>	<b>18</b>	<b>19</b> Juneteenth	<b>20</b> Summer begins	<b>21</b>	<b>22</b>
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
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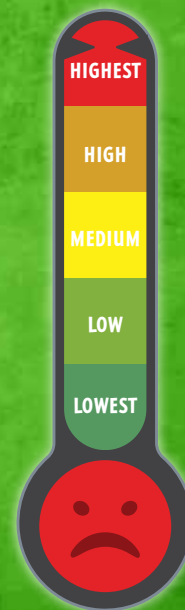
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## Kasen | Grade 1 | Washington County, PA

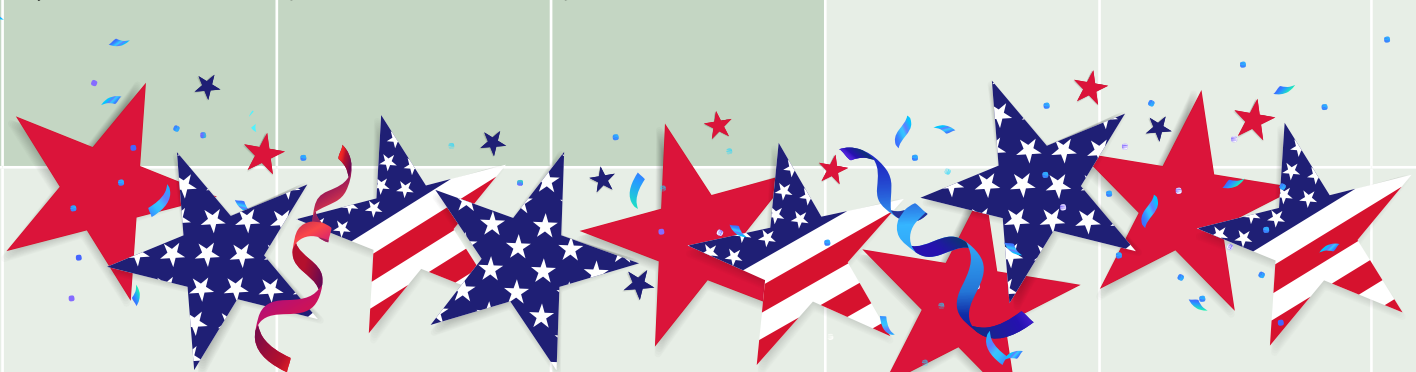
*Nymphal ticks are still active and tick checks should continue. Remember to help children and older adults with tick checks. Conduct tick checks on your pets. Dogs may get Lyme disease. Cats do not get Lyme disease, but could get other tickborne diseases. Any pets that spend time outdoors can carry ticks inside. Practice all prevention strategies when spending time outdoors.*





# July

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4 Independence Day	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

A decorative graphic at the bottom of the calendar features a cluster of stars and stripes. The stars are in red, white, and blue, with some having a white star pattern on a blue background. The stripes are in red, white, and blue. There are also small blue and red confetti-like dots scattered around the stars.

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Lea | Grade 4 | Washington County, PA

August is when tick eggs hatch into larvae. Most larvae hatch pathogen free, meaning they aren't carrying any diseases. Caution should still be taken for any nymphs that remain, and as adult ticks begin to emerge. Continue to practice prevention strategies when spending time outdoors.

HIGHEST

HIGH






MEDIUM

LOW

LOWEST



# August

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	 			1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31



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As autumn begins, leaves begin to fall. Ticks prefer areas that are not in direct sun and have some cover so they do not dry out. Ticks are often found in leaf litter. Be sure to keep leaf litter minimal in your yard or avoid those areas. Continue to practice prevention strategies when you spend time outdoors.



## HOW TO PREVENT A TICK BITE

**T**icks — are arachnids. They have 8 legs and they eat blood to live. They are related to spiders, scorpions, and mites.

**I**nformation you need to know.... Lyme disease is caused by ticks. After a tick bites you, it takes 24-48 hours to get infected.

**C**heck yourself... Ticks like to be sneaky and bite you in weird and hard to look at places such as your head, arm pits, behind your knee, and even in between your toes.

**K**eep away from areas with tall grass, short bushes, and woody areas.

**S**hower... Getting a shower is simple, yet so effective. By getting a shower and washing your body, you not only have a better chance of finding a tick, but you will also kill it so it can't hurt you anymore.

Shayleen | Grade 6 | Schuylkill County, PA

HIGHEST

HIGH

MEDIUM

LOW

LOWEST



# September

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Labor Day	3	4	5	6	7
8	9	10	11 Patriot Day	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					



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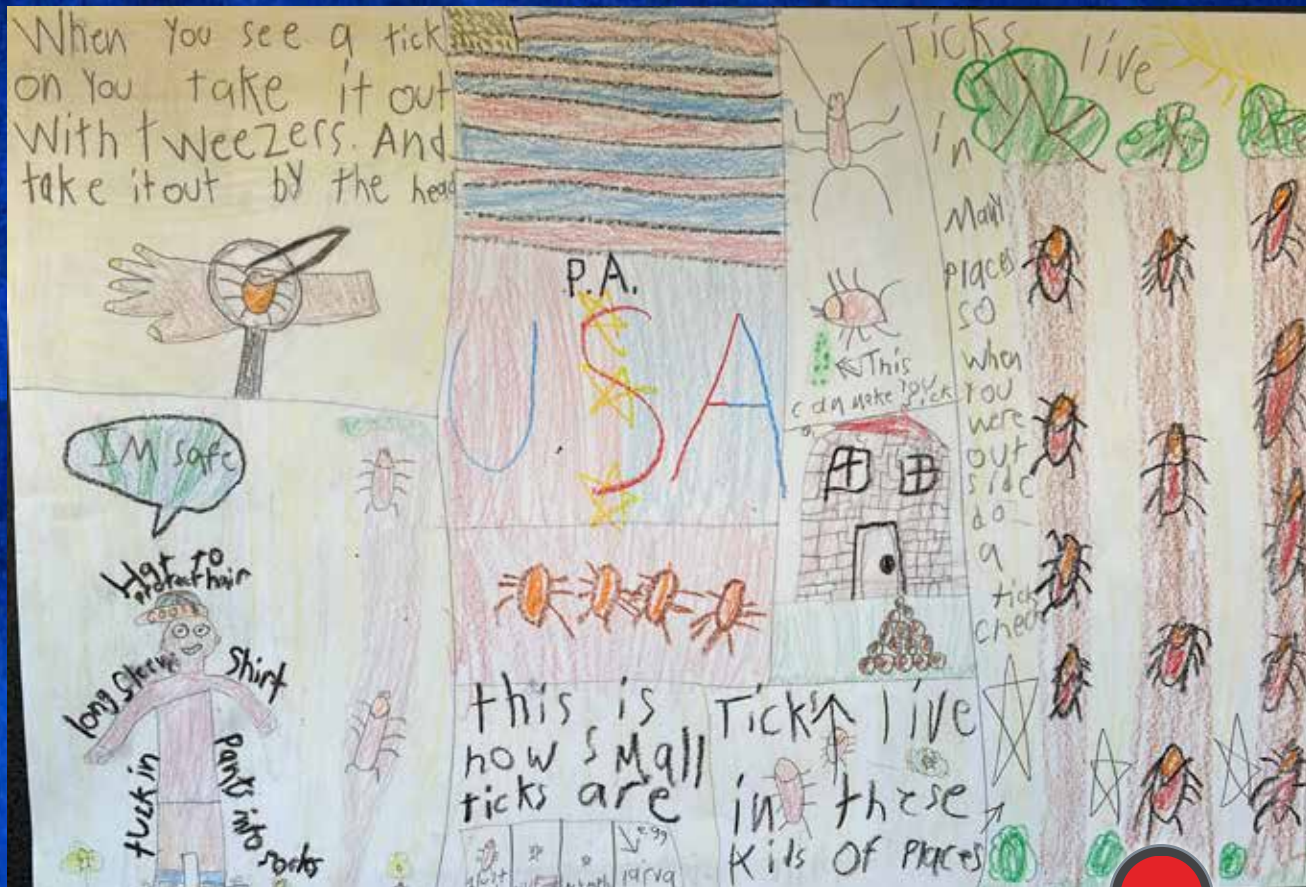
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Watch for the signs and symptoms described for each disease, especially in the summer when ticks are most active. Seek medical care if you develop symptoms related to tickborne diseases.



Jorge | Grade 4 | Juniata County, PA

Adult ticks are very active in October. You may encounter them on fall hikes, while doing yard work and cleaning up your yards and gardens for the winter. Continue using prevention strategies. Adult ticks are larger than nymphs, so will be easier to see when you do tick checks.

HIGHEST

HIGH



MEDIUM

LOW

LOWEST



# October

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2 Rosh Hashana	3	4	5
6	7	8	9	10	11 Yom Kippur	12
13	14 Columbus Day	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31 Halloween		

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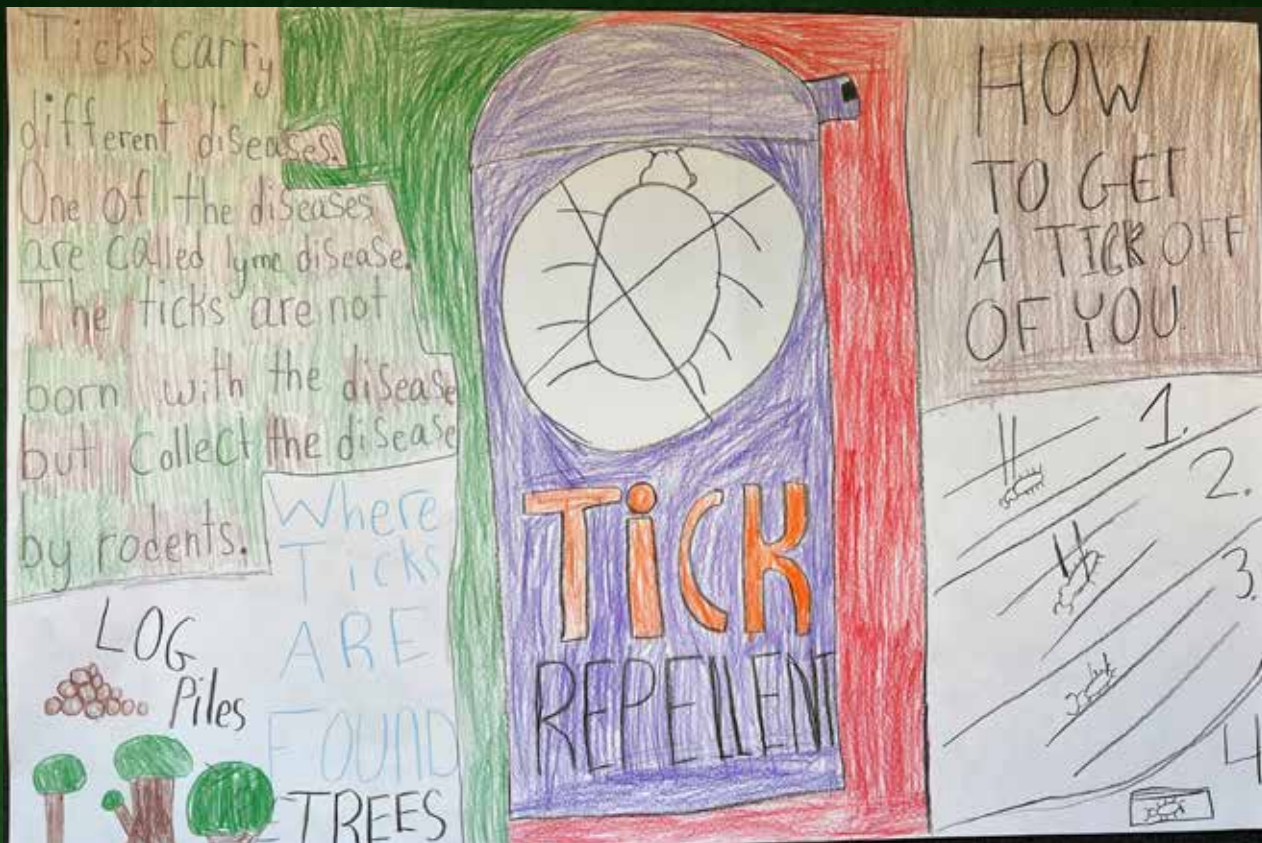
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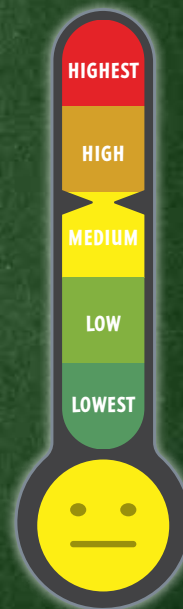
Watch for the signs and symptoms described for each disease, especially in the summer when ticks are most active. Seek medical care if you develop symptoms related to tickborne diseases.



**Graydon | Grade 4 | Juniata County, PA**




*Adult ticks may still be active, so take care if you are spending time outdoors, especially on warmer days. You may still encounter ticks on the edges of hiking trails, while doing yard work, and leisure activities.*





# November

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<b>1</b> Diwali/Deepavali	<b>2</b>
<b>3</b> Daylight Saving Time Ends	<b>4</b>	<b>5</b> Election Day	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
<b>10</b>	<b>11</b> Veteran's Day	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b> Thanksgiving Day	<b>29</b>	<b>30</b>

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How to protect yourself from Deer ticks

1. Wear protective clothing
2. Stay out of tall grass
3. Stay on trails



Eileen | Grade 5 | Delaware County, PA



Tick risk is decreasing, overall. If you are a hunter, be sure to use tick prevention strategies when hunting. Ticks are active in the same areas as deer, so you may be at higher risk for tick bites while hunting, even when it's cold.

HIGHEST

HIGH

MEDIUM

LOW

LOWEST



# December

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24 Christmas Eve	25 Chanukah/Hanukkah (first day) Christmas Day	26 Kwanzaa (until Jan. 1)	27	28
29	30	31 New Year's Eve				
						

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Find out more:



[www.health.pa.gov/ticks](http://www.health.pa.gov/ticks)