


**EVERYTHING
YOU NEED
TO KNOW
ABOUT**



TICKS



TERMITE & PEST SERVICES

TICKS NEED HOSTS TO SURVIVE.

Ticks are external parasites that feed on the blood of mammals. Hosts include domestic pets, deer, mice, birds, other wild animals, and, unfortunately, humans. A tick goes through four life stages from egg to adult. If a tick does not find a blood meal at every life stage, it dies.



Tick control becomes especially important for those who live near heavily wooded areas or areas with high deer and rodent populations.

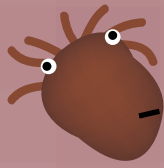
WHAT MAKES TICKS UNIQUE?

Ticks are arachnids like spiders, mites and scorpions. As all arachnids, adult ticks have eight legs. They use these claw-like clasps to cling and hold onto long grass, trees, shrubs, as well as their chosen host when it's time to feed.

Ticks are wingless; they cannot jump or fly. They are relegated to living on vegetation at ground level where they quest, patiently waiting to attach to a passing host. When a host brushes against the spot where the tick is waiting, it quickly climbs aboard and looks for a place to attach.

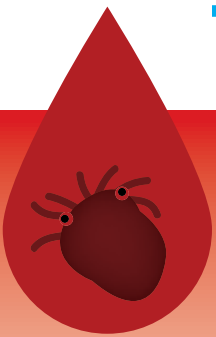
HOW BIG ARE TICKS?

Tick sizes can significantly vary depending on the stage of development and whether they have had a blood meal. Ticks in the nymph (baby) stage are small, about the size of a poppy seed, making them difficult to detect. Also, ticks become significantly larger when they engorge themselves with blood and their elastic abdomen fills up like a water balloon.



A female tick is especially ravenous, sucking up to **a hundred times her own body weight in blood.**

TICKS ARE EXPERTS AT DRAWING BLOOD.



Ticks are engineered to draw blood from hosts and they do it well. When a tick finds a desirable feeding spot on its host, it will grasp the skin with its legs and cut into the skin surface with its mandible. Ticks secrete a numbing chemical so the host does not even feel the mandible pierce the skin. Once attached, they are not easily dislodged. Their mouthparts are sharp and barbed and they even secrete a cement-like substance to keep themselves firmly attached. Once its feeding tube is inserted, a tick will leisurely suck the host's blood for several days before falling off.

WHY ARE TICK BITES SO DANGEROUS TO PEOPLE?

Ticks are capable of transmitting serious diseases to its hosts. Both adult and nymph ticks are potential vectors. Vectors transmit disease to its hosts through their feeding activities. The most common vectors in New Jersey are ticks and mosquitoes. A vector becomes infected by a disease agent while feeding on an animal with a blood-borne infection. It passes on the bacteria, protozoa, and other microbes to its next host, which can be an unsuspecting person, through its saliva when drawing blood.

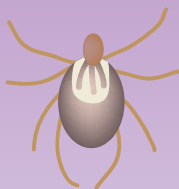


25% of ticks carry Lyme disease



DEER TICK

AMERICAN DOG TICK



While ticks can transmit many diseases, they are best known for transmitting debilitating Lyme disease. According to the American Lyme Disease Foundation, about 25% of ticks in highly affected areas are carriers. The Center for Disease Control stated that 95% of Lyme disease cases are reported from only 13 states. Unfortunately, New Jersey is one of them. If you and your family engage in outdoor activities here in the Garden State during the spring and summer months, you're at risk for tick bites and contracting a tick-borne disease. And you don't have to venture into the great outdoors to find ticks; many people are bitten right in their own backyards.

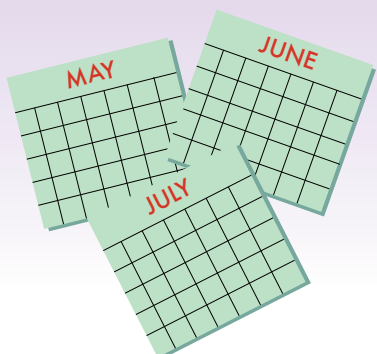
WHAT TICK SPECIES ARE OF MOST CONCERN IN NEW JERSEY?

There are two tick species commonly found in New Jersey that often choose human hosts and can carry transmittable diseases: American dog ticks and deer ticks.

American dog ticks are the most frequently encountered tick. They are capable of transmitting Rocky Mountain spotted fever; they do not transmit Lyme disease. Dog ticks have white markings on their back.

Deer ticks are the primary tick responsible for transmitting Lyme disease. Deer ticks have a hard, flat body. The female has a black scutum (plate) and a reddish abdomen. The male is blackish brown.

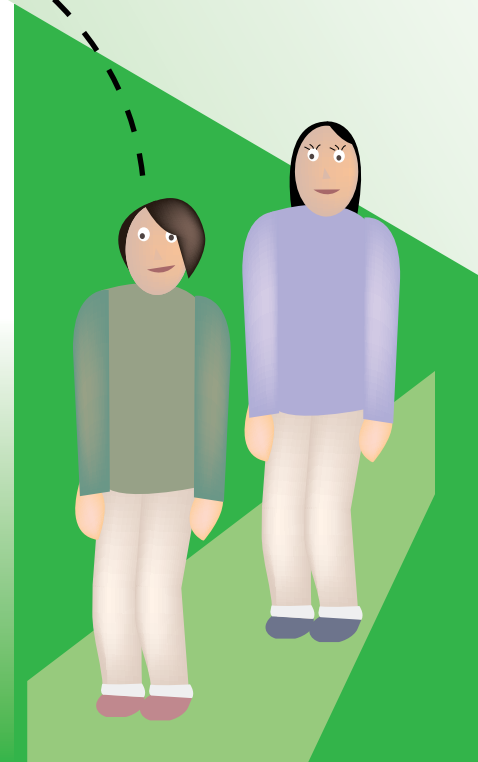
WHAT CAN YOU DO TO PROTECT YOU AND YOUR FAMILY FROM TICKS AND TICK-BORNE DISEASES?



Prevention is your best defense. Tick awareness is crucial especially during May, June and July since these are the peak months for contracting Lyme disease. Ticks are most plentiful during this time and many of them are disease-carrying nymphs. Because of their small size, nymphs can easily go unnoticed on a host allowing for the transmission of pathogens that can lead to tick-related illnesses.

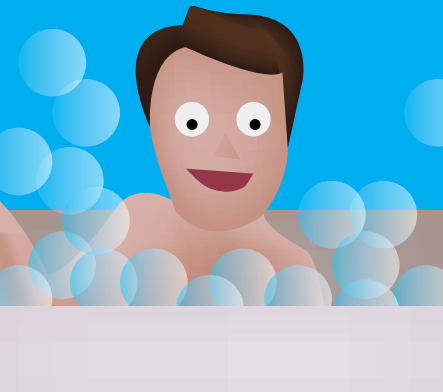
PREVENTATIVE STEPS TO TAKE WHEN OUTSIDE:

- Use an EPA-registered insect repellent with DEET or Picardin.
- Wear insect-repellent clothing outdoors, particularly if you are spending time in an area known to be tick infested. Manufacturers now make special clothing treated with Permethrin, which is effective in repelling ticks, mosquitoes and other pests.
- Avoid tick-infested areas such as tall grass and dense vegetation and on hiking trails stay in the center of the path. Ticks do not hop or fly or drop out of trees. Since ticks can only quest, you can only come into contact with one if you brush against it.
- Wear long-sleeves, long pants and socks when outdoors. Tuck your pants into your sock tops or boots. The less exposed skin, the harder it is for ticks to find a place to attach.
- Wear light-colored clothing to make it easier to find crawling ticks.
- Check your body periodically for ticks and, if found, remove them promptly with a pair of fine tweezers.



PREVENTATIVE STEPS TO TAKE AT HOME:

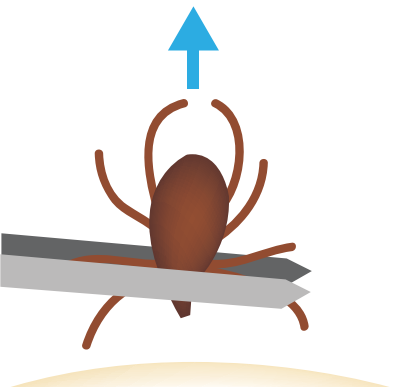
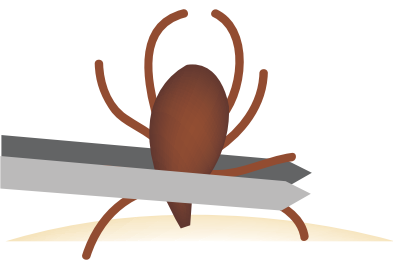
- **Bathe or shower as soon as you can** after venturing into areas where there could be ticks. Look for and wash off ticks that may be crawling on you.
- **Immediately wash and dry all clothing that was worn outdoors** to remove any hidden hitchhikers.
- **Be aware of the signs and symptoms of Lyme** and other tick-related diseases and see a doctor promptly should you develop symptoms.
- **Conduct daily tick checks to find and remove any ticks** on you or your family members, especially your children. A tick must be attached for at least 24 hours to transmit disease. Take advantage of this window. Unfortunately, you may be dealing with tiny enemies. During May, June and July, when young nymphs are abundant, some experts recommend doing tick checks with a magnifying glass. It's worth the trouble.



WHAT IS THE PROPER WAY TO REMOVE TICKS?

If you encounter a tick or are bitten, proper tick removal will decrease your risk for contracting tick-related illness. Proper tick removal includes:

- Using fine-tipped tweezers to grasp the tick as close to the skin as possible.
- Pull upward with steady, even pressure. Don't jerk or twist as this can cause the mouthparts to break off. Ensure that the mouthparts are removed completely from the skin, removing them with tweezers.
- After removal thoroughly clean the bite area and your hands with rubbing alcohol, iodine scrub, or soap and water.
- If bitten, always save the tick in a sealed container so you can have it tested should you or your loved ones develop symptoms.





Do not use oils, nail polish, or petroleum jelly to dislodge a tick from the skin.

Unfortunately, there is a lot of misinformation out there. Home/folklore remedies are not only ineffective, but they can do more harm than good. The use of oils, matches, “painting” the tick with nail polish or petroleum jelly, or other home remedies to dislodge a tick from the skin can actually increase your risk of contracting a disease. Traumatizing the tick will cause it to expel its mouth contents into the skin. And the more tick saliva that passes into your bloodstream, the higher the risk of contracting a disease.

HOW DO YOU KEEP TICKS OFF YOUR PROPERTY?

The best way is to control their habitat. You can reduce you and your families’ risk of tick bites by reducing tick populations around your property. Ticks are attracted to and thrive in areas that are damp, shady and moist, wooded, have high grass, or have leaf piles and woodpiles. Also, properties that have high deer or rodent populations have high tick populations. Keep grass low cut with frequent mowing.

- Keep standing water off your property.
- Clear tall grasses and brush around homes and at the edge of lawns.
- Keep the yard free from debris that could give ticks harborage.
- Place a barrier of wood chips or gravel between lawns and wooded areas to restrict tick migration.
- Trim shrubs and do not allow plantings to become overgrown.
- Remove ground cover plantings around the home as well as leaf debris.
- Control rodents and deer on your property. Avoid plantings that attract deer and stack wood neatly and in a dry area to discourage rodents.
- For those areas that cannot be modified, a pest control professional can offer tick control treatments.





WHAT TICK CONTROL TREATMENT OPTIONS ARE THERE?

Homeowners have two options when it comes to tick control: the traditional approach and the Integrated Pest Management approach.

The Traditional Approach

Many homeowners are offered a tick control strategy by their landscaper or local lawn and garden center that involve a full, broadcast treatment of their lawn. Many balk at the idea of their entire lawn being treated with a pesticide. For some the concern is environmental, while others have children and/or pets that use the lawn regularly. Fortunately, a broadcast approach is unnecessary. Pest control professionals who stay current with the latest and most effective techniques on tick control can offer a more effective, strategic and targeted approach.

The Better Way: Integrated Pest Management

Today's forward-thinking homeowners look for a tick control program that uses an Integrated Pest Management (IPM) approach. The U.S. EPA promotes IPM as the gold standard of pest control. IPM calls for the judicious use of pesticides, spraying only where and when necessary. Especially for homes with kids and pets, the IPM approach is the only sensible approach.

The most effective long-term tick control program has the following elements:

- The program's primary focus is on habitat modification. This means keeping your lawn well-manicured and trimming back overgrown trees, shrubs and grown cover. Ensure you trim those high areas of grass around the outskirts of your lawn. A lawn that is not supportive of tick populations is the single best way to keep ticks out. As long as you have a lawn with tall vegetation and other tick attractants, you are fighting nature. And, as we all know, nature inevitably wins.

Keep your family safe

Minimize the use of pesticides



- The program identifies those areas that are attractive to ticks but cannot be modified, such as shady, damp and high areas of vegetation in certain areas or around the perimeter of your lawn. These are the areas that require a low-impact tick treatment.
- The program is implemented by a knowledgeable pest control professional who provides well-timed, targeted treatments that will effectively knock down ticks at all stages of their life cycle so there are lasting results.

WHEN IS THE BEST TIME TO IMPLEMENT A TICK CONTROL TREATMENT PROGRAM FOR MY PROPERTY?



An effective tick management program should include four well-timed treatments between April and October in order to knock down tick populations at different stages.

Early spring is the ideal time for the first treatment because of nymphs. Spring is when tick eggs are present and nymphs are active. Knocking down these younger tick populations is an important first step to reduce overall tick populations. Nymphs in search of a blood meal can be the most dangerous stage of ticks. Nymphs can transmit Lyme disease just as easily as an adult tick. However, because of their size, they are particularly difficult to detect. Since nymphs are active in New Jersey from May through July, tick treatment control programs should be scheduled accordingly.

HOW SHOULD AN EFFECTIVE TICK CONTROL PROGRAM BE EVALUATED?

An effective tick control program gets the job done. It controls the tick population while keeping your family safe by minimizing the use of pesticides.

Fully Insured

Member of BBB, NPMA, NJPMA, NWCOA, NJWDCA, CAI, IREM, BOMA NJ, and IAQA

Pest Control Operators License # 97834A

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