

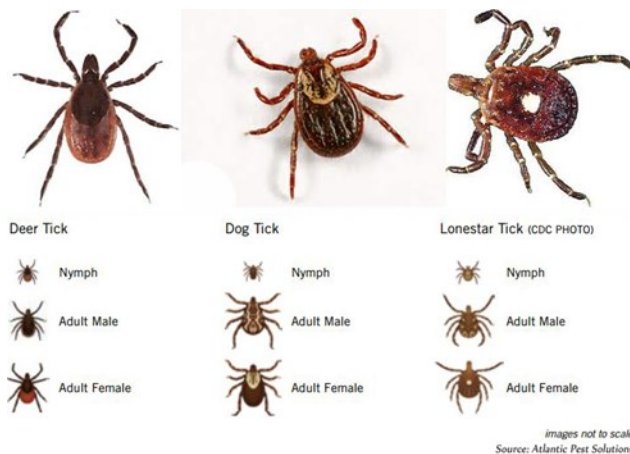


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Contributed by Trish Reynolds

GET “TICKED OFF”

This spring has been particularly bad for ticks in Maryland....take it from one who knows! The three of the four most prevalent ticks in Maryland have decided that I am the perfect place to settle down for a “quick meal”! Fortunately I found the buggers before they could do much damage.



According to various pest articles I have read the four most common ticks in Maryland are –

- ▶ The black-legged tick or deer tick
- ▶ The American dog tick
- ▶ The lone star tick
- ▶ Brown Dog tick

Some ticks can infect humans with bacteria, viruses, and parasites.....BUT not every tick bite causes disease.

“Ticks are tiny arachnids (spiders, mites, ticks), that take warm-blooded mammals and birds as hosts, which allows them to survive in harsh, cold-weather conditions. In states like Maryland that get high humidity, ticks thrive. The east coast states are also where incidences of tick-borne diseases are the greatest, in particular, Lyme disease in humans and dogs, with a concentration of cases being reported in the northeastern US from Virginia to Maine. In the decade between 2008 and 2018, the Centers for Disease Control and Prevention reported that cases of diseases caused by ticks in the United States had more than doubled.”¹

Climate change has also impacted tick populations, and not for the better. As previously saidticks thrive in humidity, “so a wet year can boost and increase the places the can live in. And warm winters and lingering summer heat add weeks of activity for the animals that ticks use as hosts, making them more likely to spread into areas where humans live. Forecasters predict that this summer (2021) will see spring and summer temperatures around the national average, and more precipitation than usual, leading to above average tick populations.”²

¹American Pest – Internet article

²Pests.org 2021 tick forecast

Here are some suggestions for when you are out and about in your gardens, or walking in the woods, or along a beach thru the grasses:

- ▶ Wear long pants and long sleeves when outside...tuck your shirt in your pants and your pants in your socks.
- ▶ Use a repellent with DEET on skin. Repellents containing 20% or more DEET can protect up to several hours.
- ▶ Check your clothing for ticks....tumble dry clothes in a dryer on high heat for at least 10 minutes to kill ticks, or better yet wash your clothes.
- ▶ Shower soon (within 2 hours) after being outdoors.
- ▶ Check your body for ticks after being outside.

**Remember – Get “Ticked Off”
Repellent, showers, and tick checks can prevent tick bites!**