

Defense Centers for Public Health

MiTICK Program

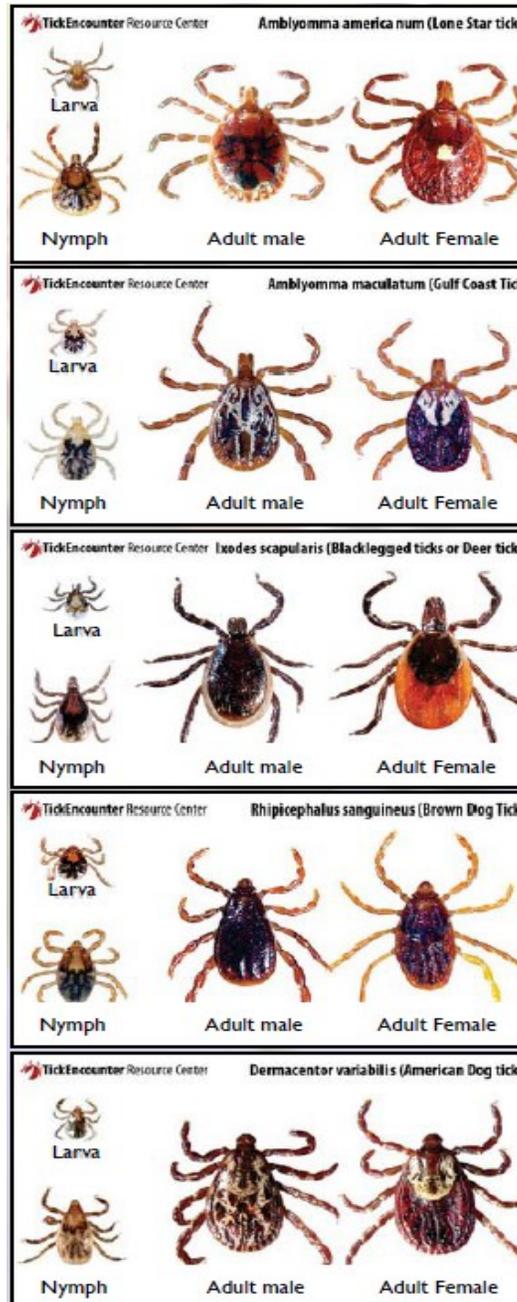
MiTICK is a free tick testing and identification service available for ticks removed from Department of Defense (DoD) personnel and their dependents.

Tick specimens pulled from humans can be brought into the Environmental Health Section (EHS) for processing. The EHS team will identify the tick species, provide education regarding pathogens and common symptoms, and submit the tick for testing.

Eligible Personnel

- ◇ Active Duty Service Members
- ◇ National guard personnel
- ◇ Reservists in all Services
- ◇ Civilian personnel working for the DoD or any of the Services (including Army Corps of Engineers)
- ◇ Contractors supporting the DoD or any of the Services
- ◇ Retired Service Members
- ◇ Dependents, including spouses, parents, or children of all above categories.

Identification of Common Ticks



DHA



Public Health
Prevent. Promote. Protect.
Fort Campbell, KY

**REFERENCE GUIDE FOR:
The MiTICK Program
Proper Tick Removal
Tick-Bite Prevention
General Tick Information**



Environmental Health

6903 Desert Storm Ave.

Fort Campbell, Kentucky 42223

Phone: 270-412-3979/3980/3990

Email: usarmy.campbell.medcom-bach.list.environmental-health





Where to Check Yourself for Ticks

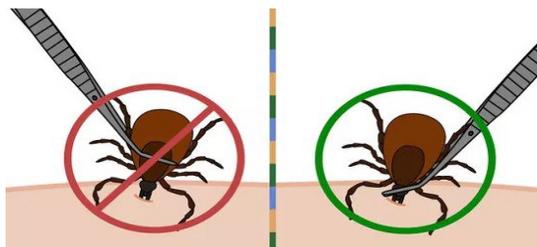
Check entire body paying special attention to behind knees, arm pits, scalp, ears, groin area, belly button, and where clothing presses against skin.

Steps for Removal

If you find a tick attached, refer to the below guidance to safely remove it immediately. Ticks removed within an average of 12-24 hours have almost no chance of transmitting disease.

1. **DO NOT use nail polish, petroleum jelly, heat, or other home remedies to remove ticks. This can cause the tick to regurgitate its stomach contents into the bite site.**

2. Use fine-tipped tweezers to grab the tick as close to the skin as possible. **Do not squeeze the body of the tick.**



3. Pull firmly with steady, even pressure.

4. Avoid jerking or twisting motions as this can cause the mouthpart of the tick to remain in the skin. If this happens, remove it if it is easy to do so. However, do not dig into the skin as this can make the bite site more susceptible to infection. In most cases, the body will push the mouthpart out on its own.

5. Most tick bites will result in localized redness and itching. This is normal. If bite site becomes infected, consult your physician.

Tick Habitat and Behavior

- ◇ Ticks are present throughout the year around Fort Campbell. Mid-March to early April is when our area will typically see the tick population boom.
- ◇ Ticks will commonly be found in shaded areas such as tall grass/weeds, woods, and leaf litter. They will often be found at the edges of high brush areas waiting for a host to walk by.
- ◇ Some ticks may quickly attach while others will take time to find spot to feed. Even when conducting tick checks, an attached tick may not be noticed right away so it is important to conduct checks past the day you were potentially exposed.

PREVENTION

- ◇ Wear light colored clothing that creates a physical barrier between your skin and ticks (i.e. long pants tucked into boots and a long sleeve shirt tucked into pants).
- ◇ Use an insect repellent that contains DEET, Picaridin, or IR3535 on exposed skin. **ALWAYS FOLLOW LABEL INSTRUCTIONS!**
- ◇ For those planning to spend extensive time in wooded/high brush areas, consider applying permethrin to clothing and equipment. Do not apply to skin and apply in a well ventilated area.
- ◇ Using a lint roller on the outside of clothing can help remove ticks before they find a way under your clothing.
- ◇ Regularly mow your lawn.
- ◇ Keep shrubs trimmed so they do not extend over walkways.
- ◇ Remove brush and leaf litter.

Symptoms That May Signal a Tick-borne Illness

While few tick-borne diseases have been found in ticks received in the local MITIKCK testing program, it is important to watch for the following symptoms:

- ◇ Fever
- ◇ Chills
- ◇ Headache
- ◇ Body aches
- ◇ Other flu-like symptoms
- ◇ Signs of infection from the bite site
- ◇ Rash (a small mark and itching around the bite site is normal)



Alpha-Gal Syndrome (Red Meat Allergy)

May cause reactions 3-6 hours after eating red meat (including pork) and using some products made from mammals.

Reactions can include hives; swelling of the lips, face, tongue, or throat; shortness of breath; and anaphylaxis. Often people will experience abdominal pain, diarrhea, and vomiting; these can occur along with other symptoms or by themselves.