

## MYTH

You can remove a tick with a flame or Vaseline.

## TICK FACT # 13

Only a pair of tweezers is needed to remove a tick.



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To remove a tick, grasp as close to the skin as you can and slowly pull the tick away without twisting. Not only can using a heat source be dangerous, but it can cause the tick's infected saliva to be pushed into the bite, increasing your chance of infection.



After removing the tick, wash the bite location with soap and water. Watch for signs of sickness from a tickborne disease.

Spending time outdoors is an important part of healthy living.

If the thought of getting sick after being bitten by a tick puts a damper on your outdoor activities, read on to separate the facts from the myths and to keep you and your family tick safe.

## MYTH

If I get bitten by a tick, I should have it tested so I know if I have a tickborne disease.

## TICK FACT # 14

Since ticks must be attached for some time to pass disease, you may never develop any disease at all, even if the tick tests positive. If the tick tests negative, you may have been bitten by a different tick you never found, so you could still get a tickborne disease. Treatment for tick disease should never be based on tick testing results alone.



[Tick Diseases \(pa.gov\)](https://www.pa.gov/health/tick-diseases)

Scan the code to learn the facts about tickborne disease.



Pennsylvania  
Department of Health

Date updated: 09/13/2024

## SEPARATING TICK DISEASE FACTS FROM MYTHS



## MYTH

Ticks are only out in the summer.

## TICK FACT # 1

Ticks do not die over winter and can be active any time it's above freezing.



### MYTH

Every tick can give you Lyme disease.

### TICK FACT # 2

Only deer ticks can give you Lyme in the eastern region of the United States.

### MYTH

You can get sick with Lyme disease any time you are bitten by a deer tick.

### TICK FACT # 3

Only deer ticks carrying Lyme disease can make you sick and they must be attached for at least 24 hours.

### MYTH

DEET is the only option for tick prevention.

### TICK FACT # 4

DEET is an excellent tick repellent, however, picaridin, oil of lemon eucalyptus, and IR 3535 are also effective.

Permethrin is a very effective insecticide that can be sprayed on clothing and gear to prevent tick bites.

### MYTH

Testing positive for Lyme disease after treatment means I still have Lyme disease.

### TICK FACT # 5

Lyme tests look for antibodies to the bacteria that cause Lyme disease.

Many people will have antibodies for months or even years after an infection.

### MYTH

Lyme disease is the only tickborne disease in Pennsylvania.

### TICK FACT # 6

Several tickborne diseases are transmitted in Pennsylvania:

- anaplasmosis**
- babesiosis**
- Borrelia miyamotoi* (hard tick relapsing fever)
- ehrlichiosis**
- Powassan virus**
- spotted fever**
- rickettsiosis**

### MYTH

Lyme disease may cause learning disorders in children.

### TICK FACT # 7

Lyme disease symptoms are well known, they do not include learning disorders.

### MYTH

A Lyme disease infection never goes away.

### TICK FACT # 8

Lyme disease can be successfully treated with antibiotics, and most people recover completely.

### MYTH

Everyone with Lyme disease gets a bull's eye rash.

### TICK FACT # 9

Not everyone with Lyme disease gets a bull's eye rash. Most people have some type of rash, but it can come in many colors, shapes, and sizes.

### MYTH

If you don't remember a tick bite then you don't have Lyme.

### TICK FACT # 10

Studies have shown that only 1 in 4 people sick with Lyme disease remember being bitten by a tick. Ticks are very small and may bite in hard-to-find areas.

### MYTH

Long-term use of antibiotics can treat lingering symptoms of a Lyme infection.

### TICK FACT # 11

Studies show that long-term use of antibiotics does not improve lingering symptoms, and may lead to other side effects and antibiotic resistance.

### MYTH

There is a vaccine for Lyme disease.

### TICK FACT # 12

There is currently no Lyme vaccine for people.