

# Types of Tick-borne Diseases

Lyme disease, Babesiosis, and Anaplasmosis (HGA) are the most common tick-borne diseases on Nantucket. The same tick transmits them, so it is possible to be infected with more than one at a time, according to the CDC.



Deer ticks thrive on Nantucket, so it is important to be aware of these diseases and prevention methods.



For more information:

Contact the Nantucket Health Department  
[health@nantucket-ma.gov](mailto:health@nantucket-ma.gov)

# Ticks on Nantucket

Tick-borne Diseases  
& Prevention

# The best offense is a good defense

Prevention for tick-borne diseases is as easy as 1, 2, 3.

- 1) Wear long sleeves and pants when walking through wooded areas
- 2) Perform tick checks after outdoor activity in woods or near grass
- 3) Don't forget about pets! Dogs and cats can carry ticks, as well



## How do I check?

It is best to bathe or shower soon after exposure to tick habitats to be able to conduct a full body check.

Parents should check their children especially under the arms, around ears, in belly buttons, behind the knees, between the legs, and in their hair, according to the CDC.

## Then what do I do?

If you find a tick on you or your child, you must remove the tick properly.

Use fine-tipped tweezers, so that you can get very close to the skin. It is important to pull the tick straight up in one motion.

Once the tick is removed, sanitize the area with alcohol or soap and water.

## Why tick checks?

It is easier for ticks to transmit diseases if they have had access to you for an extended period of time.

If you can make that time as small as possible, it is less likely that the tick will be able to infect you.

