

# TICK AND MOSQUITO INFORMATION

For more information about ticks and mosquitoes, please see the following:

Centers for Disease Control and Prevention ([www.cdc.gov](http://www.cdc.gov))  
Maryland Department of Health and Mental Hygiene ([www.dhmd.state.md.us](http://www.dhmd.state.md.us))

People engaged in outdoor activity are at risk of tick and mosquito bites. If you had a tick bite, live in an area known for Lyme disease or have recently traveled to an area where it occurs ([www.cdc.gov/lyme/stats/index.html](http://www.cdc.gov/lyme/stats/index.html)), and observe any of the symptoms listed below, you should seek medical attention.

## Ticks Can Be Found Throughout Maryland

- The most common ticks in Maryland are the Black-Legged Tick, the American Dog Tick, and the Lone Star Tick.
- Ticks can transmit infectious diseases when they bite you.
- Not every tick bite transmits disease.

- Some ticks are extremely small. The tick that transmits Lyme disease may be smaller than a sesame seed!



## Recognize the Symptoms

- Many tick-borne diseases have similar early symptoms, including fever, headache, fatigue, and possible rash. Signs and symptoms vary.
- Contact your health care provider if you develop any of these symptoms after a tick bite or after being in tick habitat.
- Most cases of tick-borne disease can be cured with antibiotics, especially when treatment is started early.

## Lyme Disease

- Lyme disease is the most common tick-borne disease in Maryland.
- Lyme disease is transmitted by the bite of an infected black-legged tick, which must be attached for at least 24 hours for transmission to occur.

- From three to thirty days after a tick bite, a gradually expanding rash (called erythema migrans) can occur at the site of the bite in 70-80% of infected people. The rash can expand over several days to up to 12 inches and may resemble a bull's eye.



- If untreated, Lyme disease may cause a loss of muscle tone on one or both sides of the face, severe headaches and neck stiffness, shooting pains that can interrupt sleep, heart palpitations, dizziness, and pain that shifts from joint to joint.
- After several months, 60% of untreated patients may develop severe joint pain and swelling, particularly in the knees. Five percent of untreated patients may experience shooting pains, numbness or tingling in the hands or feet, and problems with concentration and short term memory.

## BUG INFORMATION

**Stink bugs** are an agricultural pest originating in Asia, and accidentally introduced to the United States in the late 1990's. They do not carry any known diseases and do not cause any known harm to humans, but they can become a nuisance when they gain entry into homes and buildings during the colder weather.

**Bed bugs** are transferred by luggage and clothing in and out of hotels, college campuses, camps, airplanes, movie theaters, and even hospitals. They do not carry any known disease, but the bites can be very itchy. They can be treated as you would any other insect bite.

**In response to the rising numbers of these nuisance bugs**, we wanted to let you know the steps Echo Hill Outdoor School is taking to safeguard your experience and assure your continued confidence.

Here at EHOS, all residential areas are checked for cleanliness and insects on a weekly basis year round.

Because these types of bugs have become a nuisance in the United States as well as the rest of the world, Echo Hill Outdoor School recommends that everyone take the following simple precautions upon returning home from any type of traveling:

- Unpack in the garage or other area away from bedrooms, and immediately take all clothes and bedding to your laundry area.
- Immediately place all clothing and bedding in the dryer for at least 15 minutes at the highest heat setting. Wash clothing in hot water and dry clothes at high heat again.
- Place luggage and toiletry bags in clear trash bags, close bags tightly, and place them in the direct sun for a day.
- Vacuum luggage thoroughly using brushes and crevice tools along seams, folds and pockets. Immediately transfer the vacuum bag into a sealed and taped trash bag and dispose of outside your house. Wash luggage with hot soapy water using a scrub brush along seams and folds.
- Store luggage in a garage, closet, or an area away from the bedroom.

*(Suggestions from the EPA – Environmental Protection Agency, and Texas A& M Extension Service.)*