A COMMUNITY ENDEAVOR:

A network of 32 Massachusetts towns have collaborated under Governor Patrick's Community Innovation Challenge (CIC) grant program to fund a pilot program called the Tick-Borne Disease Network (TBDN). This includes towns from Barnstable County: Barnstable, Bourne, Brewster, Chatham, Dennis, Eastham, Falmouth, Harwich, Mashpee, Orleans, Provincetown, Sandwich, Truro, Wellfleet, Yarmouth. From Franklin County: Buckland, Charlemont, Conway, Deerfield, Gill, Hawley, Heath, Leyden, Monroe, Shelburne. From Middlesex County: Acton, Bedford, Carlisle, Concord, Lincoln, Winchester. Nantucket is also participating. The grant has pre-paid for each town to submit 100 ticks for testing by the Laboratory of Medical Zoology.

AN OUNCE OF PREVENTION:

For those of us that enjoy outdoor activities in the northeastern US, ticks are becoming an unavoidable reality. However, there are ways to protect yourself and your family. Consider using a proven repellent or wearing protective clothing to reduce exposure to ticks. Visit www.TickEncounter.org/Exposure to learn more.

ONCE BITTEN, DON'T BE SHY:

Remove the tick as soon as possible. Unlike mosquitoes, ticks feed slowly and therefore need to be attached more than a brief time to transmit pathogens. Check yourself, your loved ones, and pets often.

LYME ISN'T THE ONLY CONCERN:

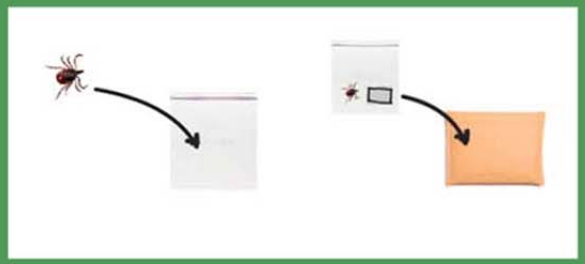
First identified in the 1970s, Lyme disease has quickly risen to be one of the most reported infectious diseases in the US. But ticks carry other pathogens as well. Anaplasma and Babesia aren't household names but they are spreading. Visit our website to learn more:

www.TickDiseases.org

HOW TO SUBMIT A TICK FOR TESTING

The Laboratory of Medial Zoology (LMZ) tests thousands of ticks from all over the country. Having your tick tested couldn't be easier. Just follow five simple steps:

1. Place the tick in a sealable plastic bag (like a sandwich bag).
2. Complete the online submission form at www.TickReport.com
3. Label the bag with the unique order number assigned by TickReport.

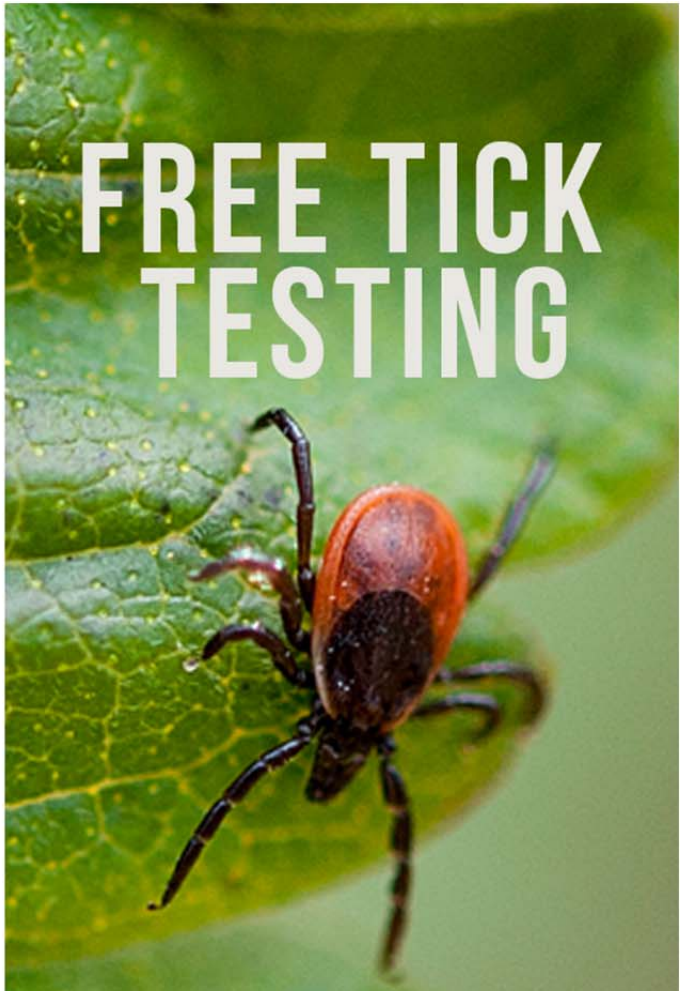


4. Send the labeled tick in an envelope to our lab.

   Attn: Tick Testing
   Laboratory of Medical Zoology
   University of Massachusetts
   Amherst, MA 01003

5. Results of the tick test will be sent to you in 5 business days or less.

FREE TICK TESTING



HAVE YOU BEEN BITTEN BY A TICK?

DO YOU LIVE IN BARNSTABLE, BOURNE, BREWSTER, CHATHAM, DENNIS, EASTHAM, FALMOUTH, HARWICH, MASHPEE, NANTUCKET, ORLEANS, PROVINCETOWN, SANDWICH, TRURO, WELLFLEET, OR YARMOUTH?

It can be tested for the presence of pathogens that cause Lyme Disease, Babesiosis, and Anaplasmosis.

Thanks to a grant from the Patrick Administration's Community Innovation Challenge (CIC) grant program in coorperation with

LABORATORY of MEDICAL ZOOLOGY
UMass Amherst
THE COLLEGE OF NATURAL SCIENCES

QUESTIONS

WHO CAN SEND IN TICKS FOR FREE?

Anyone who lives in one of the 32 partner towns can send in ticks for free testing. There is a limit of 100 ticks per town. Once the limit has been reached, ticks will still able be to be tested for a small fee.

WHAT IF I DON'T LIVE IN A PARTNER TOWN?

If you do not live in one of the 32 partner towns, you can still send in ticks to be tested for a small fee. If you wish to participate without receiving results you can complete the online submission form and send your tick to the Laboratory of Medical Zoology to be a part of the archive.

WHO SHOULD WORRY ABOUT TICK-BORNE DISEASE?

Anyone who spends time outdoors in the garden, on the trail, or around the playing field should be concerned. But that risk shouldn't keep you from enjoying the great outdoors. Think of checking for ticks as another precaution like wearing sunscreen.

WHERE CAN I GET INFO ABOUT MY TICK BITE?

Local and state health agencies and the CDC provide online information about ticks and how to protect yourself. Ultimately, your doctor is the only person who can give you medical advice or treatment.

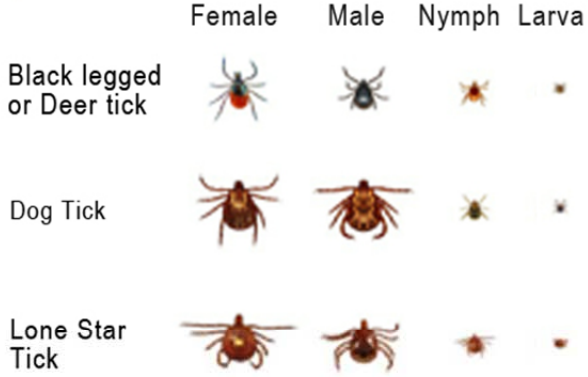
WHY SHOULD I HAVE MY TICK TESTED?

While not a substitute for medical consulation or diagnosis, tick testing can help you and your physician assess your risk of exposure to Lyme and other disease.

WHAT ARE THE PUBLIC BENEFITS OF TICK TESTING?

Tick testing results make up a larger effort of tracking the spread of tick-borne disease throughout the country. See our online Tick-Borne Disease Network (stats.tickdiseases.org) to see the disease rate in your area.

TYPES OF TICKS



TICK-BORNE PATHOGENS

FREE TESTING WILL BE PROVIDED FOR 3 PATHOGENS:

Common Deer Tick (I. scapularis) Pathogens:

- *Borrelia burgdorferi (Lyme)*
- *Anaplasma phagocytophilum*
- *Babesia microti*

IN ADDITION TO THE CIC FREE TESTING PROGRAM, THE LMZ CAN TEST FOR:

Other Tick-Borne Pathogens:

- *Borrelia miyamotoi*
- *Ehrlichia chaffeensis*
- *Francisella tularensis*
- *Bartonella henselae*
- *Borrelia lonstari*
- *Rickettsia rickettsii*
- *Babesia divergens*
- *Ehrlichia canis*

THE CIC PROGRAM IS TARGETED PRIMARILY AT DEER TICKS. IF A DOG OR LONE STAR TICK IS SUBMITTED, IT WILL BE TESTED FOR PATHOGENS FOUND IN THAT SPECIES OF TICK (NOT LYME).

RESOURCES

Laboratory of Medical Zoology
University of Massachusetts
Amherst, MA 01003
www.TickDiseases.org

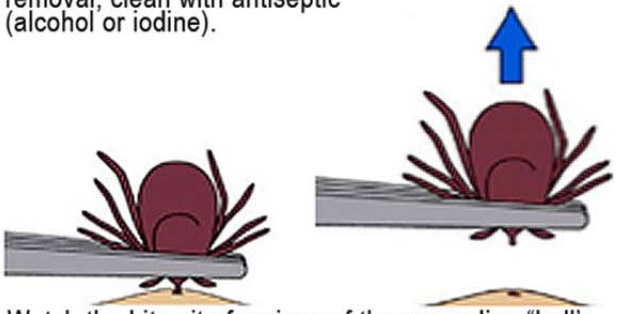
TickEncounter
University of Rhode Island
www.TickEncounter.org

Massachusetts Department of Public Health
www.mass.gov/dph/tick

Center for Disease Control and Prevention
www.csc.gov/ticks/diseases

TICK REMOVAL

Grab the tick with fine tweezers (forceps) and pull with a steady upward motion. After removal, clean with antiseptic (alcohol or iodine).



Watch the bite site for signs of the expanding "bull's eye rash." Not all ticks carry diseases. Know which species bit you, have the tick tested if you are concerned, and see a physician when signs of illness arise.

We can test the tick DNA for virtually any pathogen. After testing, DNA samples are kept frozen so that clients may request additional testing at any time. You can learn more at www.tickdiseases.org