

Protect Your Dog

- The ticks that cause RMSF live on dogs. Take care of your pets!
- Treat your dogs with medicines, collars, or shampoos that kill ticks.
- These medicines and collars will need to be reapplied. Some tick collars last longer than others; make sure you follow the directions on the package.



Children putting a tick collar on a dog

- Check your dogs for ticks every day in the summer. Remove ticks with tweezers.
- Keep your own dogs close to your yard and away from strays.
- Decrease the number of roaming dogs. Spay & neuter your pets.



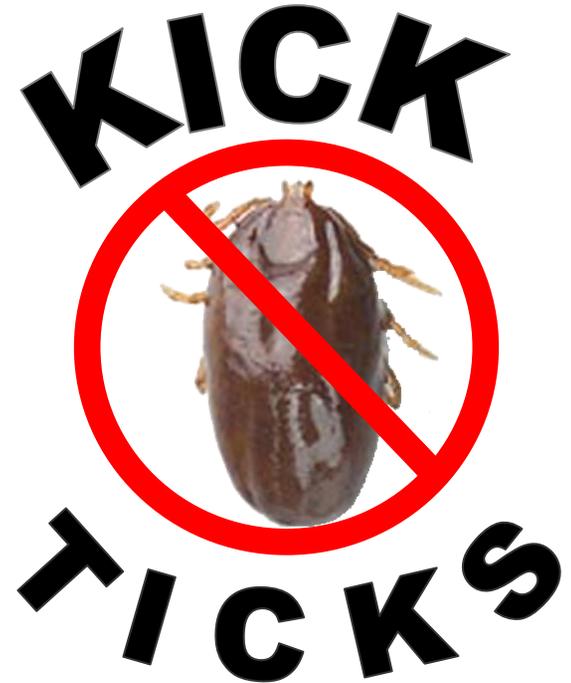
Protect Your Home

- Cut high grass around your home.
- Remove old furniture and mattresses from your yard. These stay wet and give the ticks a place to hide.
- Put up fencing to prevent dogs and children from getting under homes and porches. Ticks like to live in these areas.
- Treat your yard with a chemical that kills ticks.
- Permethrin and bifenthrin kill ticks and are safe for your yard. It is safe to use around children and pets.
- Yard chemicals last 3-4 weeks. Yards with ticks should be treated every month, April - September.
- Do your part to get rid of stray dogs!

For More Information:

- **CDC:** <http://www.cdc.gov/rmsf>
- **NNVLP:** (505) 371-5214, (928) 674-2069, (505) 368-1007
- **Navajo Division of Health:** (928) 871-7967
- **Navajo EPA Pesticide:** (928) 871-7183
- **NHA Pesticide Program:** (928) 729-6359
- **Navajo Animal Control Program:** (928) 871-6451
- **Navajo Area I.H.S. OEH:** (505) 722-1208

You Can Prevent Rocky Mountain Spotted Fever (RMSF)



KNOW THE SIGNS

(FEVER, HEADACHE, SPOTS)

INSPECT YOUR BODY

COLLAR DOGS

KILL TICKS IN YARDS

What is RMSF?

- RMSF is a disease that can kill.
- It is spread by ticks.
- There have been at least **250** cases of RMSF and **18** deaths in eastern Arizona since 2003.

What is a tick?

- A tick is a kind of bug that bites humans and animals.
- The tick that carries RMSF likes to live on dogs.
- Ticks come in different sizes—younger ticks may be so small you cannot even see them easily.
- Ticks are found in areas of your yard or home where dogs are.



How do you get RMSF?

- Ticks give RMSF to people by biting them.
- You may not even know it when you have been bitten by a tick.



Engorged Ticks
Full of blood

Prevent Tick Bites

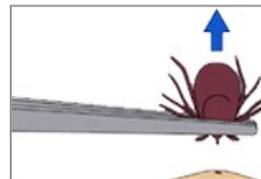
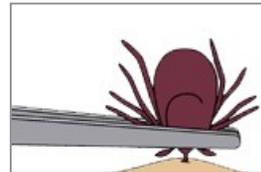
- Use insect repellents (DEET) to keep ticks from biting.
- Wear light-colored clothes that make it easy to spot ticks.
- Tuck your pants into your socks when working in areas where ticks may be.

Check for Ticks Every Day

- Check yourself and your children for ticks every day. Bath time is a good time to check.
- Ticks like to hide in hair, around ears, under arms, between the legs and behind the knees.
- Remove ticks right away and wash the area of the bite.

Remove Ticks Safely

- Use gloves or wash your hands afterward.
- Use tweezers. Grab the tick as close to the skin as possible.
- Pull upward with steady pressure.
- Avoid squeezing or crushing the tick. Flush the tick down the toilet.



Know the Signs of RMSF

- See the doctor if *any* signs of RMSF occur in the 2 weeks after a tick bites you.
- Signs of RMSF include:
 1. Fever
 2. Headache, aches and pains
 3. Red spots, red bumps, or a rash, often appears a few days after the fever. This rash may appear on the hands and feet.

Some people never get a rash.

Here is what the rash looks like:

Child with Rocky Mountain spotted fever has the rash that is characteristic but typically does not appear until several days after fever onset



Photo/CDC

If you, or your child, has these signs, see a doctor right away—RMSF can be treated with medicine, but it must be given early.

If not treated early, RMSF can kill!

Know your pest

Appearance: reddish-brown

Size: 1/8-inch to 5/8-inch

Alias: Hard ticks

Crimes: Rocky Mountain Spotted Fever (RMSF), Tularemia

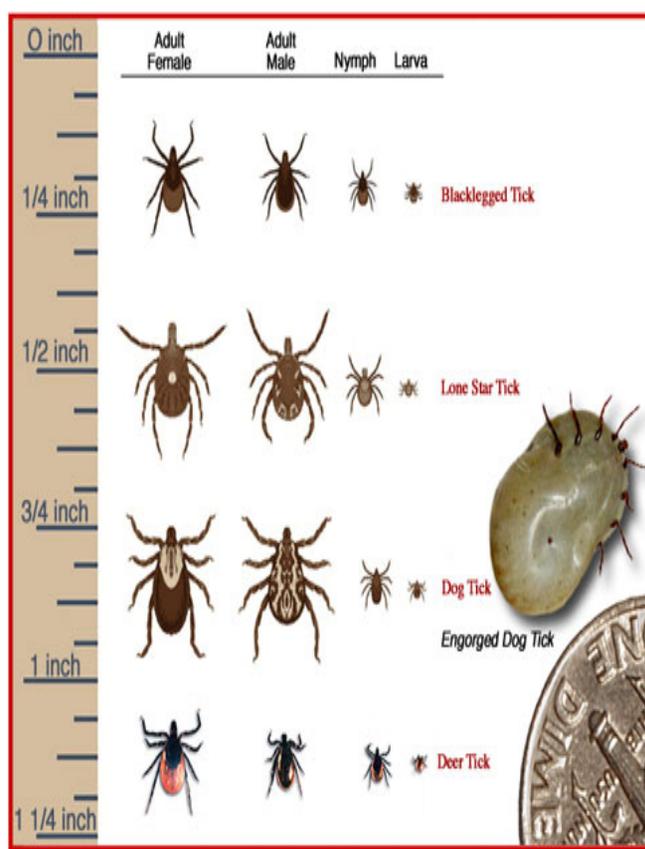


PHOTO: Kendra Wapaha, NNPAP Dog from Whippoorwill, AZ (Navajo Nation)

Ticks & YOU



This message is brought to you by the Navajo Nation Veterinary & Livestock Program / Navajo Puppy Adoption Program

Contact Your Local NNVL

Tse Bonito (505) 371-5214
Chinle (928) 674-2069
Shiprock (505) 368-1007



Navajo Nation

Check your pets and family for ticks often!

REAL LIFE BLOOD SUCKERS

What are ticks?

Ticks are parasites that suck blood. Ticks are found in different areas throughout the United States. Ticks come in various sizes. Normally a tick will be brown, but as they become engorged (full of blood) they turn a grayish color.

I heard ticks can carry disease, Is that true?

Yes, ticks can carry disease. Such as Rocky Mountain Spotted Fever (RMSF) and Lyme Disease. For more information: <http://www.cdc.gov/ticks/diseases/>



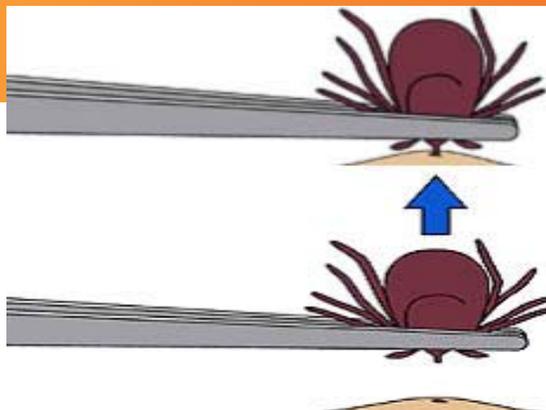
Where do I look for ticks on a person?

Ticks could be anywhere on a person's body, a good rule is to look for anything that may look like a mole or even a speck on the body. Good places to look for them are the back of the knee, thighs, belly button, armpit, ears, hair, or the back of your neck. If your children have been outside playing, parents should check these places for ticks.

What do I do if I see a tick?

Create a "Pick a Tick Kit" :

Equipment needed: Tweezers, Sandwich bag, protective eye wear and gloves.



1. Stay calm
2. Wear protective eye wear, sunglasses work too. Wear gloves.
3. Get your tweezers.
4. Use a sandwich bag with a zipper seal or a container to hold rubbing alcohol.
5. Get close to the tick head as possible remove the tick by pulling straight upward. Be careful not to pop the tick.
6. Place tick in the zipper sandwich bag with the rubbing alcohol. (**Note:** keep the tick and mark on the container the date of removal.)
7. Clean bite area with soap and water or rubbing alcohol
8. If you develop a fever or rash, see your Doctor and tell them of the tick bite and take the tick with you to hospital.

Prevent Tick Bites

- Wear DEET products
- Put tick collars on dogs
- Treat yards for ticks
- Check your body for ticks every day
- Call your Doctor if you get a fever or a rash

Where do I look for ticks on my dog?

Check entire body.

Run your hands thru the fur

Check the dog's chest, stomach, legs, and feet. Be sure to examine between the toes, in the "armpits," and inside the ears. Remember—some ticks are as small as the head of a pin!



PHOTO: Kendra Wapaha, NNPAP
Dog from Tuba City AZ (Navajo Nation)

Don't let this happen to your dog