

# CAUTION!

## DEER TICK HABITAT



**Top Row:** The Deer Tick which transmits Lyme disease. From left to right (enlarged images): nymph, adult male, and adult female.

**Bottom Row:** The American Dog Tick, which does not transmit Lyme disease. From left to right (enlarged images): adult male and adult female.

Deer ticks can carry Lyme disease and other diseases that are a health risk to people and their pets. They are found in woodlands and the edges of forests.

Deer tick nymphs are found **May through July**.  
Adult ticks are found **October through November** and **April through June**.

### To Prevent Tick Bites:

- Wear light-colored clothing and tuck pant legs into socks.
- Use a tick repellent such as DEET on skin or permethrin on clothing.
- Inspect yourself and your clothes closely for ticks.
- Shower and wash clothes as soon as possible.
- Stay on the trails!

**Prompt removal of attached ticks is extremely important!** Ticks need to attach for 36 hours to transmit Lyme disease. Ticks attach at body folds, behind the ears, and in the hair.



Produced cooperatively by the Maine Department of Health and Human Services and the Maine Medical Center Research Institute.

