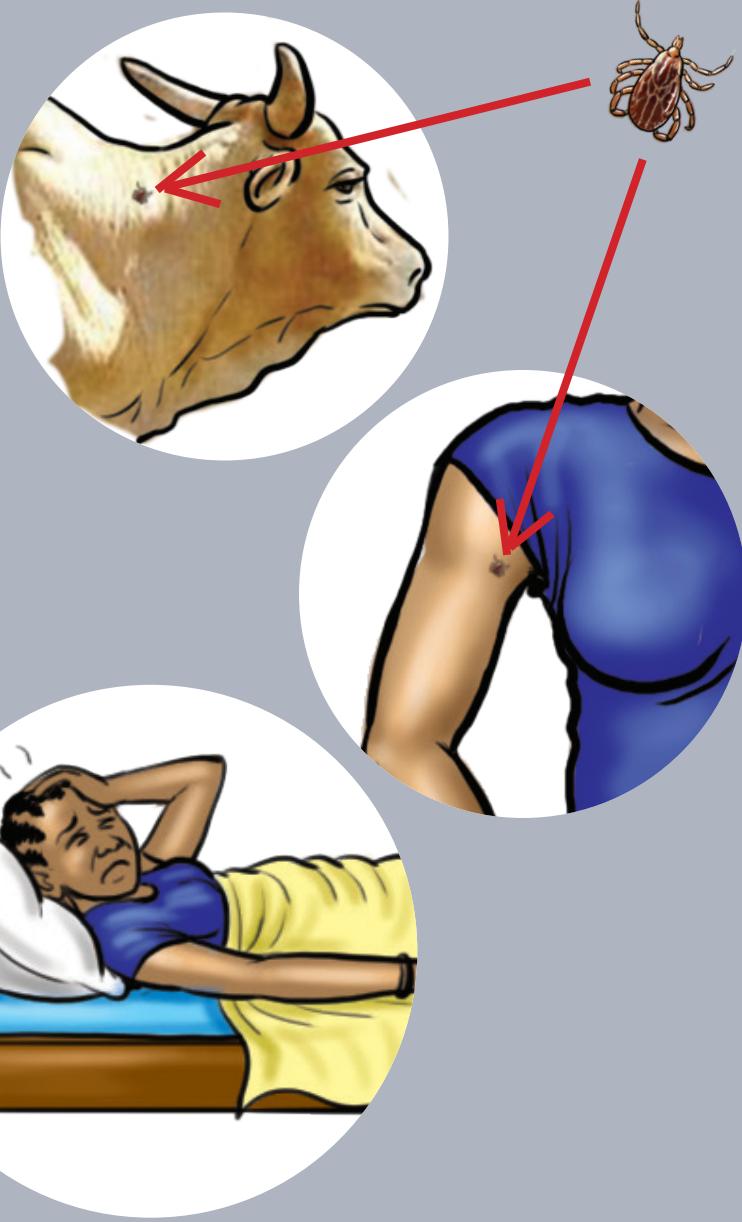




DISEASES SPREAD BY TICKS

Ticks can spread certain diseases between people and animals. There are many different diseases that ticks can spread. They can spread disease by biting a person or animal carrying a disease and then biting another person or animal. Diseases spread by ticks may cause illness in both animals and people.

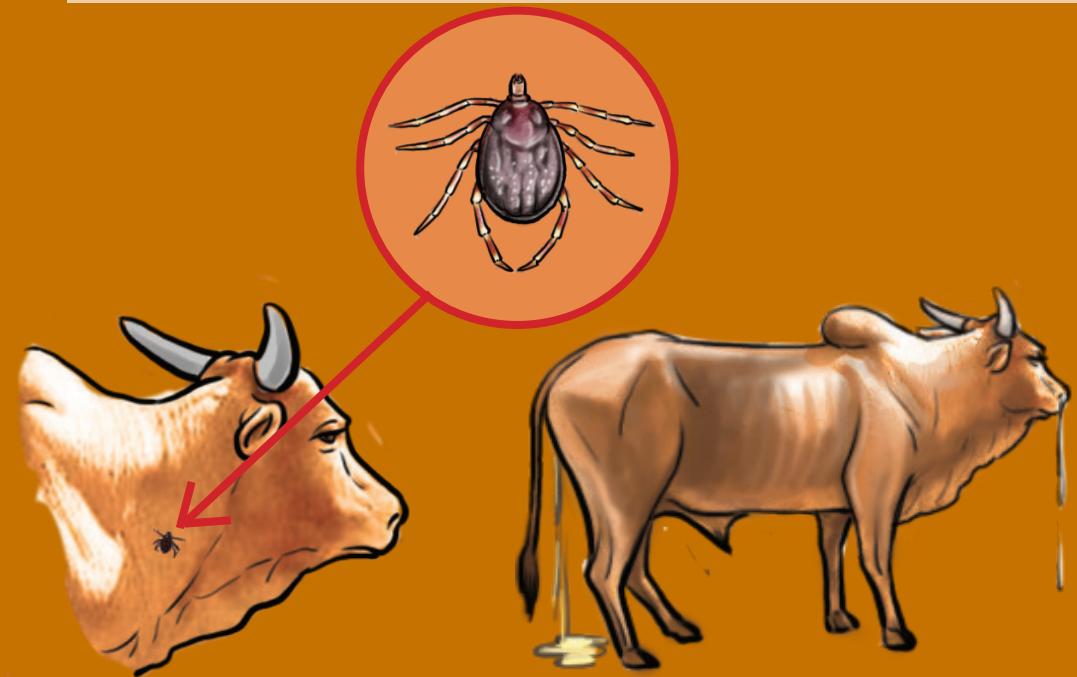


When ticks bite people and animals they suck the blood. Ticks suck blood to either make eggs or to grow into adult ticks.

Ticks can look different depending on the age of the tick and if the tick has sucked blood or not. Baby ticks are small, as small as this dot.”

East Coast fever

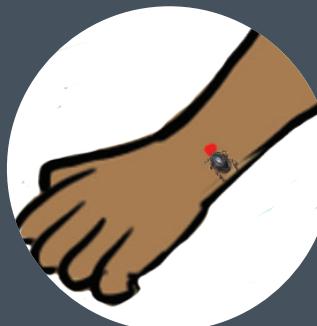
East Coast fever is spread by ticks. East Coast fever does not make people sick. It will make cattle sick and can cause death. Cattle with East Coast fever may have fever, may not want to eat, have enlarged lymph nodes, difficulty breathing, white or cloudy eyes, a runny nose or diarrhoea.



A vaccine for East Coast fever is available for cattle in Tanzania.

Crimean-Congo haemorrhagic fever (CCHF)

CCHF causes illness in people and sometimes death. People may get CCHF from a tick bite, butchering meat of an animal with the disease or by caring for someone who is already sick from it. The disease does not seem to make animals sick, but animals can spread it to ticks and people.

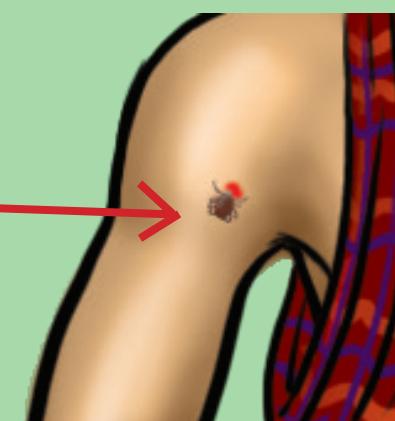


People with CCHF may have fever, headache and sore muscles. Some people with CCHF will start bleeding without getting cut and this can be very bad. One in four people with CCHF will die. People with CCHF need to go to hospital as soon as possible for treatment to improve the chance of recovery. It spreads very easily from one person to another. Going to hospital will also help protect other people from getting it.

There is no vaccine for CCHF.

African tick bite fever

African tick bite fever is spread by ticks. African tick bite fever causes illness in people. The disease does not seem to make animals sick. But animals that get African tick bite fever may be able to spread it to other ticks or people for up to a month.

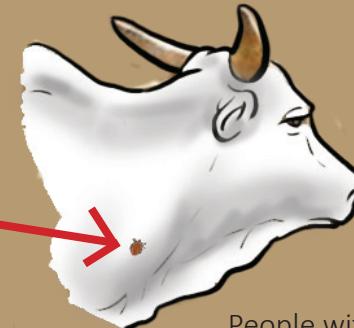
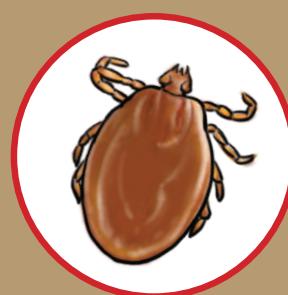


People with African tick bite fever may have fever, headache and sore muscles. Most people get better on their own. Some people get so sick, with problems such as hearing loss, that they need medicine and long term medical follow up.

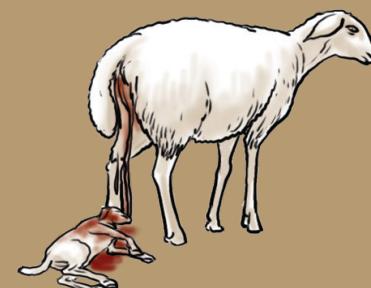
There is no vaccine for African tick bite fever.

Q fever

Q fever can be spread by ticks, but it is more often spread to humans and animals by direct contact with animals or the products of animals with Q fever. Q fever can even be spread through the air from areas where animals spend a lot of time, like bomas and grazing areas, or places where livestock give birth.



People with Q fever may have fever, chills or sweats, headache, sore muscles, vomiting, diarrhoea, chest pain and coughing. Q fever can even affect people's lungs or liver. Most people get better on their own. Some people may require medicine for several months.



Animals with Q fever often do not get sick. When it does make animals sick it can lead to abortion, stillbirth, an animal that is unable to get pregnant, and pain and swelling of the udder and the uterus. There is no good treatment for Q fever in animals.

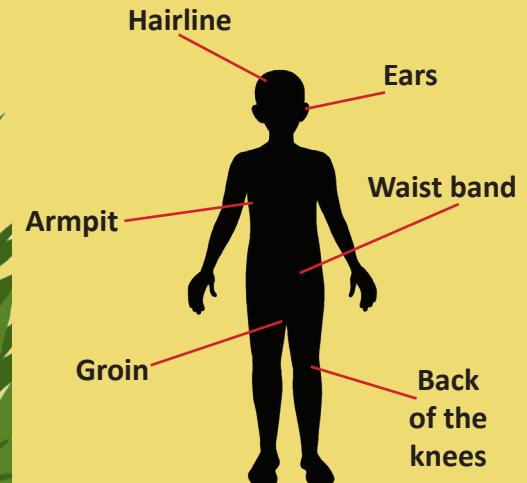
There is no available Q fever vaccine for people or animals in Tanzania.

Where ticks bite



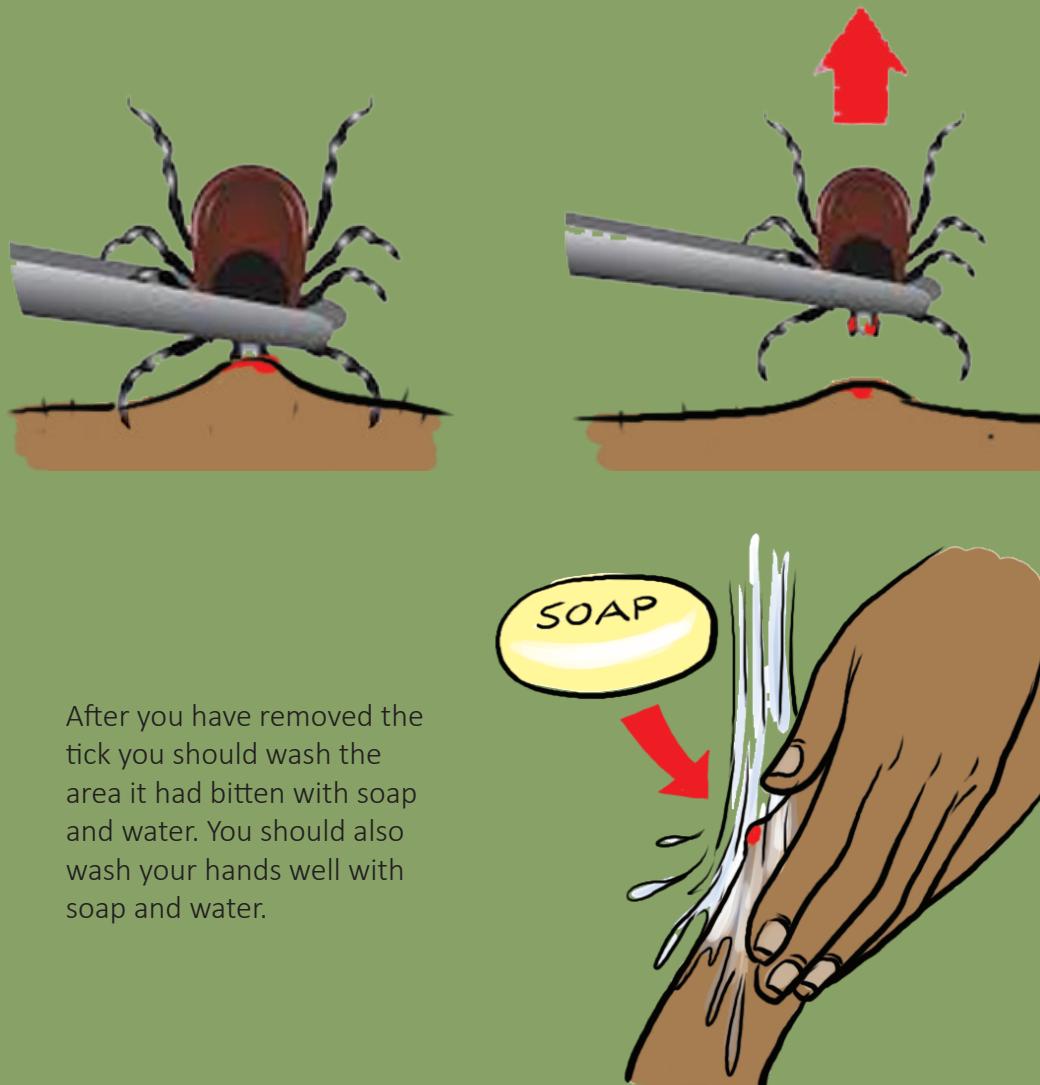
Hungry ticks often wait on long grass, shrubs or dead leaves for a person or animal to pass by. Ticks can be found on the grass along footpaths.

When a person's or animal's body passes near to the tick, it will grab on to the person or animal. The tick will crawl on the body and can bite anywhere. Most often ticks bite people in the groin, waist band, armpit, ears or at the hairline. Ticks cannot jump and rarely live in short vegetation.



What to do with a tick

Remove a tick you find on you right away. When it bites, the tick holds on very tightly and will look like it is stuck to you. Grab the tick by the head (as close to your skin as possible) and pull it straight away from you. The best way to pull the tick off is to use tweezers. Do your best not to leave the tick's head in your skin.



After you have removed the tick you should wash the area it had bitten with soap and water. You should also wash your hands well with soap and water.

Destroy the tick so that it cannot bite you or anyone else. Two safe ways to kill a tick are to throw it into a fire or crush it between two rocks. Do not crush it between your fingers because that is another way you can get a disease.



After you have killed the tick you should wash your hands with soap and water.

How to protect yourself

Always check yourself and your children for ticks at the end of every day spent in areas with long vegetation or with livestock. Wearing long sleeves and trousers tucked in socks will help protect against tick bites. This will make the tick climb up the outside of your trousers and it will be easier to see.



You can treat your livestock for ticks by spraying them or taking them to a local dip tank, if working. This will reduce the risk of ticks biting your animals and you.

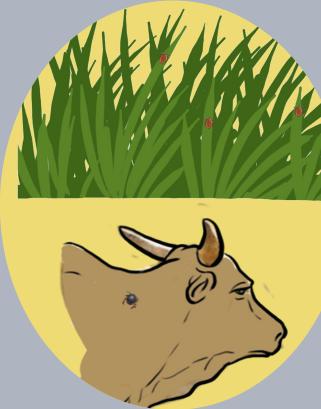


If you can remove a tick before it bites you it will not make you sick. If it already bit you, remove it as soon as possible. The longer the tick bites you, the higher the chance that it will make you sick. Not all ticks carry disease, only infected ones. You will not get sick after every bite.

* * * Baby ticks are small, as small as this dot “.” so you must look very closely to find them.



Each time you have been working closely with livestock, it is important to wash your hands with soap and water as soon as possible. If you are in close contact with any livestock, such as helping with an animal birth, wear something to protect your hands. Gloves are best if available. It is also important to cover any cuts you may have and do not touch your face.



DISEASES SPREAD BY TICKS

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