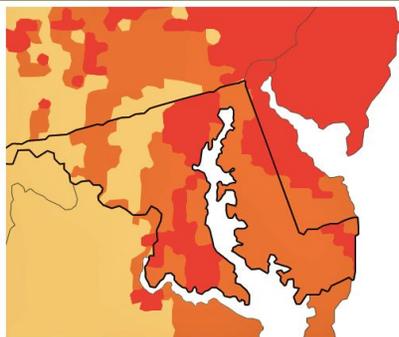


# 1

## Why Should we Be Cautious?

- Studies have shown that summer months pose the highest risk for tick bites and contracting diseases
- White-tailed deer overpopulation has become a significant problem in suburban areas throughout Maryland
- Decreased natural predator populations and decreased competition for food and shelter creates an absence of effective population control for white-tailed deer
- Lack of natural predators in the area such as wolves and coyotes to keep down the mice and deer populations, and increased suburban encroachment into forested areas has allowed the invasive alien lyme disease to enter the tick-mice-deer life cycle which poses threats to outdoor activities

Lyme Disease Risk in Maryland



Infected Ticks  
Abundant  
Common  
Rare  
None

<https://mosquitosquadmaryland.wordpress.com/tag/safe-tick-practices-in-montgomery-county-md/>

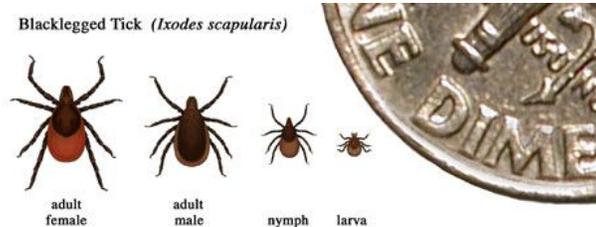
# 2

## Deer Tick and Lyme Disease Prevention

Here are a few tips and tricks to keep yourself protected from Lyme Disease!

- Wear light-colored clothes so that ticks will be more noticeable
- Wear long-sleeved shirts, pants, a hat, and closed-toe shoes
- Tuck your shirt into your pants and your pants into your socks
- Use insect repellents with DEET

Blacklegged Tick (*Ixodes scapularis*)

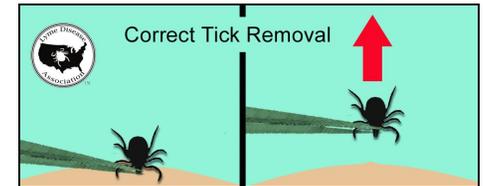


- Avoid brushing up against plants if possible
- After spending time outdoors, ticks may linger on clothing; make sure to send your clothes through the dryer (The dryness kills ticks as they need moisture to survive)
- Check your entire body for ticks as soon as possible. Tick bites sometimes itch like a mosquito bite
- Ticks range in size from the size of a period to several millimeters in size

# 3

## What Do I Do when I Find a Tick?

- Improper removal of ticks greatly increases the risk of acquiring tick-borne infections
- Remove ticks with tweezers, grasping as close to the tick's mouthparts as possible. Remove slowly, upwards.



- Always contact a physician for possible diagnosis and treatment for disease if you suspect a tick has been attached for more than 24 hours

## Recommended Parks to Visit Next!

Several parks around Maryland have successfully reduced the risk of Lyme Disease by controlling their deer populations. These include:

- Magruder Park Woods
- Rock Creek National Park
- Catoctin Mountain National Park
- Meadowbrook Park
- Middle Patuxent Environmental Area (MPEA) Park
- Schooley Mill Park
- Piscataway National Park

## Benefits of Healthy Deer Populations:

- Ensures the well-being of deer and their habitat
- Preservation of human health by reducing deer tick and lyme disease incidents and car accidents related to deer collisions
- Increased opportunities for human connection with nature and human enjoyment of nature by greatly decreasing the threat of deer ticks and lyme disease
- Preservation of forests and other natural habitats for biodiversity of native animals, plants, fish, and birds



Photos and information found at:

<https://www.lymediseaseassociation.org/about-lyme/prevention-tick-removal/88-tick-removal?tmpl=component&print=1&layout=default&page=>

<http://noranclinicblog.com/2014/02/03/curious-about-why-your-doctor-is-testing-you-for-lyme-disease/>

Visit us at [www.sierraclub.org/maryland](http://www.sierraclub.org/maryland)



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"Oh Deer, I've  
Found a Tick!"

An informational guide on the dangers of unmanaged deer populations in Maryland and ways to reduce the threat of Lyme Disease

