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FOR IMMEDIATE RELEASE

Black-legged Ticks Identified in Sarpy County

The Nebraska Department of Agriculture has identified for the first time an established population of the black legged tick, also known as the deer tick, in Eastern Nebraska in Douglas, Sarpy and Saunders counties. Black-legged ticks can transmit Lyme disease and other diseases.

With the addition of the black-legged tick there are now a total of four types of ticks found in the state that can cause illnesses. Recommendations from the Sarpy/Cass Health Department for protecting yourself from all tick bites remain the same;

- Avoid tall grass and shrubs.
- Wear long pants and long-sleeved shirts and socks when you are outside.
- Use an EPA-approved repellent – the same one you use for mosquitoes is fine.
- Shower as soon as possible after spending time outdoors.
- Check for ticks daily. Ticks can hide under the armpits, behind the knees, and in the hair.

If you find an attached tick early removal can minimize and often eliminate the chance of infection. To remove an attached tick you should grasp the tick with a fine-tipped tweezers, as close to the skin as possible, and pull it straight out. If signs of illness, such as rash or fever, develop in the days and weeks following the bite you should contact your health care provider.

For more information regarding tick related diseases you can visit the Centers for Disease Control and Prevention website at <https://www.cdc.gov/ticks/>

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