

# TICK PROTECTION PLAN



Tick-borne diseases are on the rise across northern New England. If you live, work and recreate near prime tick habitat, you and your animals are at high risk for bites and contracting an illness. Ticks are managed using an integrated approach. This is achieved by practicing several of the strategies below. This checklist will help you plan to protect yourself, your family, staff, pets and livestock. It will also direct you to where you can find information about ticks and their management.

Strategy Tick & Tick-Borne Disease Symptom ID	Do I Know?		Additional Information
	Yes	No	
<ul style="list-style-type: none"> <li>Know the ticks what occur in your area and their life stages (immatures and adults).</li> </ul>	<input type="checkbox"/>	<input type="checkbox"/>	<ul style="list-style-type: none"> <li>-<a href="#">Field Guide to Ticks</a> (URI Tick Encounter)</li> <li>-<a href="#">Tick Species in Vermont</a> (VT Dept. of Health)*</li> </ul>
<ul style="list-style-type: none"> <li>Know the time of year different tick life stages are most active.</li> </ul>	<input type="checkbox"/>	<input type="checkbox"/>	<ul style="list-style-type: none"> <li>-<a href="#">Tick Activity in Vermont</a> (VT Dept. of Health)*</li> <li>-<a href="#">Vermont Tick Surveillance Reports</a> (VAAFM-PHARM)*</li> </ul>
<ul style="list-style-type: none"> <li>Know the symptoms of tick-borne diseases that affect humans.</li> </ul>	<input type="checkbox"/>	<input type="checkbox"/>	<ul style="list-style-type: none"> <li>-<a href="#">Tick Bite Illnesses</a> (VT Dept. of Health)*</li> <li>-<a href="#">About Ticks &amp; Tick-borne Diseases</a> (CDC)</li> </ul>
<ul style="list-style-type: none"> <li>Know the symptoms of tick-borne diseases that affect pets/livestock.</li> </ul>	<input type="checkbox"/>	<input type="checkbox"/>	<ul style="list-style-type: none"> <li>-<a href="#">Protecting Livestock Against Ticks</a> (Penn State Ext.)</li> <li>-<a href="#">Tick-borne Dis.: Prevalence, Prev. &amp; Treatment</a> (AKC)</li> </ul>
<ul style="list-style-type: none"> <li>Know high risk areas for encountering ticks exist on your property (wooded edges, tall grass etc.).</li> </ul>	<input type="checkbox"/>	<input type="checkbox"/>	<ul style="list-style-type: none"> <li>-<a href="#">Tick Management Handbook</a> (CT Ag. Exp. Station)</li> <li>-<a href="#">Where Ticks Live</a> (CDC)</li> </ul>
<ul style="list-style-type: none"> <li>Know where to send ticks for pathogen testing.</li> </ul>	<input type="checkbox"/>	<input type="checkbox"/>	<ul style="list-style-type: none"> <li>-<a href="#">Tick Report</a></li> <li>-<a href="#">BeBop Labs</a></li> </ul> <p style="text-align: right;"><i>Note: Many states have their own programs.</i></p>
<b>Tick Bite Prevention &amp; Property Management</b>			
<ul style="list-style-type: none"> <li>Know how to prevent tick bites (EPA approved repellents, daily checks, etc.).</li> </ul>	<input type="checkbox"/>	<input type="checkbox"/>	<ul style="list-style-type: none"> <li>-<a href="#">Prevent Tick Bites &amp; Illnesses</a> (VT Dept. of Health)</li> <li>-<a href="#">Preventing Tick Bites</a> (CDC)</li> </ul>
<ul style="list-style-type: none"> <li>Know how to prevent ticks on pets and livestock (vaccines, topical acaricides, etc.).</li> </ul>	<input type="checkbox"/>	<input type="checkbox"/>	<ul style="list-style-type: none"> <li>-<a href="#">External Parasites</a> (AVMA)</li> <li>-<a href="#">Tick Control</a> (Merck Veterinary Manual)</li> <li>-<a href="#">Prev. Dis. Trans. in Livestock &amp; Poultry: Ticks</a> (Iowa Sta.)</li> </ul>
<ul style="list-style-type: none"> <li>If you employ staff who work outside, give them tick ID and prevention resources. Several are available for individuals with limited English proficiency.</li> </ul>	<input type="checkbox"/>	<input type="checkbox"/>	<ul style="list-style-type: none"> <li>-<a href="#">Tick &amp; Tick-Borne Disease Resources</a> (CDC)</li> <li>-<a href="#">Resources in Languages Other than English</a> (CDC)</li> <li>-<a href="#">Health Info in Many Languages</a> (VT Dept. of Health)</li> <li style="padding-left: 20px;"><i>Enter "tick" into search boxes</i></li> </ul>
<ul style="list-style-type: none"> <li>Manage your property to reduce ticks and exclude wildlife hosts (mowing, fencing, etc.).</li> </ul>	<input type="checkbox"/>	<input type="checkbox"/>	<ul style="list-style-type: none"> <li>-<a href="#">Tick Management Handbook</a> (CT Ag. Exp. Station)</li> <li>-<a href="#">Tick Prevention &amp; Property Management</a> (Maine.gov)</li> <li>-<a href="#">Farmers &amp; Ticks</a> (Penn State Ext.)</li> <li>-<a href="#">Create an Unfriendly Yard for Ticks</a> (UVM)</li> </ul>
<b>Monitor Efficacy of Prevention &amp; Management</b>			
<ul style="list-style-type: none"> <li>Check your property for ticks.</li> </ul>	<input type="checkbox"/>	<input type="checkbox"/>	<ul style="list-style-type: none"> <li>-<a href="#">Managing Ticks in the Landscape</a> (Cornell)</li> </ul>
<ul style="list-style-type: none"> <li>Check your animals for ticks and know how to remove them.</li> </ul>	<input type="checkbox"/>	<input type="checkbox"/>	<ul style="list-style-type: none"> <li>-<a href="#">Livestock &amp; Ticks</a> (Cornell Coop. Ext.)</li> <li>-<a href="#">Preventing Ticks on Pets</a> (CDC)</li> </ul>
<ul style="list-style-type: none"> <li>Check yourself daily for ticks after working outside and know how to remove them.</li> </ul>	<input type="checkbox"/>	<input type="checkbox"/>	<ul style="list-style-type: none"> <li>-<a href="#">Prevent Tick Bites &amp; Illnesses</a> (VT Dept. of Health)*</li> <li>-<a href="#">Preventing Tick Bites</a> (CDC)</li> </ul> <p style="text-align: right;"><i>*VT Specific</i></p>

**Always consult your health care provider or veterinarian for specific treatment advice.**



**NORTHEAST  
EXTENSION  
RISK  
MANAGEMENT  
EDUCATION**

For more information, check out the UVM VT-TIC '[Vermont Tick Information Center](#)'. Prepared by [Cheryl Sullivan](#), Research Assistant Professor & [Margaret Skinner](#), Extension Entomologist. Questions? Email [cfrank@uvm.edu](mailto:cfrank@uvm.edu). © 2024 University of Vermont, Entomology Research Laboratory. This material is based upon work supported by USDA/NIFA under Award Number 2023-70027-40447.