



Town of Islesboro

TICK BULLETIN

June 2014

On May 15, 2014 the IHC'S Health Advisory Board established the Tick-borne Disease Prevention Committee in order to monitor tick-borne disease on the island and to provide information to the Islesboro community. This is the first in a series of monthly bulletins which will include new information as it becomes available.

TICK-RELATED VISITS TO THE HEALTH CENTER, MARCH 30-MAY 27, 2014

Circumstance	Treatment	Number of Cases	
		2013	2014
Tick found on body; no bite.	No antibiotic; monitoring	8	17
Tick bite, attached for 24 hours or more. Suspicion of infection.	One-time dose doxycycline	8	16
Tick bite, attached for 24 hours and/or rash, fever, strong clinical suspicion of tick-borne disease or confirmed diagnosis according to CDC guidelines.	14-21 day course of antibiotic (doxycycline for adults, amoxicillin for children)	2	0
	Total tick-related visits	18*	33**

*The figures for 2013 go through May 22
 **Two bites were received off-island.

PROTECTING AGAINST TICK BITES

Attached is updated information about measures to protect against tick bites. It is partially based upon conversations with local residents and staff at the Maine Board of Pesticides Control and the Vector-borne Disease Laboratory. If you have questions, please contact any one of us or the Maine Board of Pesticides Control, 207-287-2731; pesticides@state.me.us.

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 Tick-borne Disease Prevention Committee*



Town of Islesboro

PROTECTING AGAINST TICK BITES

PERSONAL CARE - REPELLENTS FOR CLOTHING AND SKIN

Using Repellents Correctly

- **READ AND FOLLOW THE DIRECTIONS CAREFULLY.**
- Attached is an information sheet about repellent use from the Maine Board of Pesticides Control.

Clothing

- Wear light colored clothing so that ticks can be seen, and tuck pant legs into socks.
- Sprays containing the chemical permethrin, which repels and kills ticks, are available for application to clothing worn out of doors. The substance bonds to cloth and will remain effective through up to 30 machine washings. Available at garden centers and hardware stores for about \$14.

Skin

- Spray repellent on skin before going outdoors, particularly around the ankles.
- Products recommended by the Centers for Disease Control include DEET, others contain natural botanical ingredients.
- Repellents for skin cost under \$15 and are available at garden centers and some drugstores. The island grocery stores will be stocking a small selection.
- At the end of the day, take a shower or bath to remove insect repellent and ticks which are not yet embedded. Check carefully, particularly in the belly button and groin areas and in your ears (ticks climb, seeking protected areas and delicate skin).

LANDSCAPE CARE - TICK CONTROL

Non-Chemical Steps

- Residential properties can be made safer by removing brush and leaf litter, cutting out invasives and moving children's playgrounds away from woods. Deer ticks must live where the humidity stays above 90%. They like forest edges with low shrubs, thick leaf litter and an overhead canopy to provide shade. They are particularly abundant around invasive plants such as barberry and honeysuckle. Deer ticks are rarely found in open, mowed, grassy areas.

Chemical Steps

Using Products in Landscapes Correctly

- MOST PESTICIDE PRODUCTS USED IN TICK CONTROL, INCLUDING THOSE CONTAINING CHEMICAL SUCH AS PERMETHRIN, BIFENTRIN, AND FIPRONIL, HAVE LABEL WARNINGS THAT THEY ARE **TOXIC TO FISH, SHELLFISH, AND BEES.**

WHEN APPLYING THESE SUBSTANCES IT IS EXTREMELY IMPORTANT **TO READ AND FOLLOW THE DIRECTIONS CAREFULLY.**

- Attached is information about how to choose tick-control products from the Maine Board of Pesticides Control.

Products

- Outdoor sprays can be applied to individual properties from May through September and are effective in killing ticks. Although there are botanical sprays, most sprays synthetic and contain one of the chemicals in the pyrethroid class. These include permethrin, bifenthrin, cypermethrin, etc. permethrin. They may be applied by a licensed applicator; several mid-coast companies are listed under *Pest Control Services* in the yellow pages; superpages.com. Two applications per season may be required; the cost is between \$200-\$300 per application for a 4-5 acre property. Sprays may also be applied by property owners; the cost about \$100 per application for a 4-5 acre property. If you read the label and don't have the proper equipment to use the product, it is time to call a professional.
- Tick-killing granules may be applied to properties. They contain permethrin and last about 4 weeks. \$23.25 for 10 lbs., which covers 5,000 square feet.
- Garlic-based mosquito barriers are said to be effective for ticks as well. \$84.95 per gallon, which covers 5 acres; must be applied every 3 weeks.

Tick Control on Rodents - Products to control mice and other rodents, which carry Lyme disease, are effective in small areas. However, the products must be consistently replenished, for mice are enthusiastic reproducers. In the March-November breeding season, a mouse can have several litters, with an average of 4-7 mice per litter.

- Cardboard tubes are filled with cotton balls treated with permethrin that mice collect to build their nests. Ticks that feed on nesting mice in the spring and fall are exposed to permethrin and die. Each tube will cover 1/8 of an acre. \$29.99 for 6 tubes. Available at garden centers.
- "Bait boxes" or "stations" can be put around a property to attract mice. The box contains a wick soaked in fipronil, a pesticide that kills the ticks on the mice (the mice are unharmed). A single dose will protect mice for 40 days. Available through licensed applicators or online. Prices vary, \$5-\$10 per station.



Choosing and Using Insect Repellents Properly



The Maine Board of Pesticides Control recommends the following precautions when using insect repellents:

- Repellents should only be applied to exposed skin and/or clothing (as directed on the product label). **Do not use under clothing.**
- **Never** use repellents over cuts, wounds, or irritated skin.
- Do **not** apply to eyes and mouth, and apply sparingly around ears. When using sprays do not spray directly onto face; spray on hands first and then apply to face.
- Do **not** allow children to handle repellents, and do **not** apply to children's hands. When using on children, apply to your own hands and then put it on the child.
- Do **not** spray in enclosed areas. Avoid breathing a repellent spray, and do **not** use it near food.
- Use just enough repellent to cover exposed skin and/or clothing. Heavy application and saturation is unnecessary for effectiveness; if biting insects do **not** respond to a thin film of repellent, apply a bit more.
- After returning indoors, wash treated skin with soap and water or bathe. This is particularly important when repellents are used repeatedly in a day or on consecutive days. Also, wash treated clothing before wearing it again.
- If you suspect that you or your child are reacting to an insect repellent, discontinue use, wash treated skin and then call your local poison control center. If/when you go to a doctor, take the repellent with you.
- You and your doctor can get specific medical information about the active ingredients in repellents and other pesticides by calling the Maine Poison Center at 1-800-222-1222 or the National Pesticide Telecommunications Network (NPTN) at 1-800-858-7378. NPTN operates from 6:30 a.m. to 4:30 p.m. (Pacific Time) 9:30 a.m. to 7:30 p.m. (Eastern Time) seven days a week or at <http://acc.orst.edu/info/nptn/>.



Maine Board of Pesticides Control
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How to Choose Tick-Control Products

Serious diseases, including Lyme disease, can be carried by ticks. Once you've taken the recommended steps to identify tick-infested areas and reduce likely habitat around your property, you may decide to use control products to further reduce your risk of tick bites. Here are a few tips to help you select the most appropriate products.

Two types of tick-control products with different uses

- **Repellents**—products to keep ticks off humans
 - Apply directly to skin only if directed. Some repellents can only be used on clothing.
 - Repeat applications as directed.
- **Insecticides**—products that kill or repel ticks
 - **Products for use in outdoor areas:** Apply product to areas where ticks lay eggs and are most commonly found. For example: dense vegetation low to ground, areas with accumulated leaves, and other areas frequented by deer, squirrels, mice, and songbirds. Mowed lawns are not good tick habitat.
 - **Products for use on pets:** These products include insecticidal shampoos, dips, collars, and “spot-on products.” Do not use a product labeled for a cat on a dog or a product labeled for a dog on a cat. Do not use a product for a large animal on a smaller animal or a product for a smaller animal on a larger animal.

Do not use insecticides on human skin or clothing.

Read and follow all the label directions

- Bring your reading glasses with you to the store, because you'll need to read the product labels.
- Read the entire label and make sure that ticks are listed.
- Use EPA-registered tick products (have an EPA Reg. No. on the label) designed for what you want to do (*see above*). Note where the EPA Reg. No. is located on the label. This is like a Social Security number for the product. If you need more information quickly it will get you product-specific information from the manufacturer, the Maine Board of Pesticides Control (BPC), and/or the Northern New England Poison Center.
- Products with “**CAUTION**” on the label have lower risk and fewer personal protective equipment requirements (gloves, safety glasses, or masks, etc.) than those marked “**WARNING**” or “**DANGER**”.
- Be sure that you have the right equipment, including personal protective equipment for applying the product, and that you know how to use the equipment properly.
- If protective clothing and/or personal protective equipment is listed on the label, be sure to wear it when mixing and applying the product.

Other considerations

If you've had an allergic reaction to a repellent, *try a different type of product*. If you have asthma or other breathing problems, *avoid aerosols*.

Most pesticide poisoning in the home occurs when children access stored pesticide products. To reduce that potential, and to improve overall control, hire a licensed commercial applicator to help manage ticks.

Contact the BPC for a list of licensed pesticide applicators.

For more information

Exposures or Poisonings: Northern New England Poison Center—800-222-1222 or <http://www.nnepc.org/>

Pesticides: Maine Board of Pesticides Control—207-287-2731 or <http://www.thinkfirstspraylast.org>

[Maine Board of Pesticides Control, June 2014]