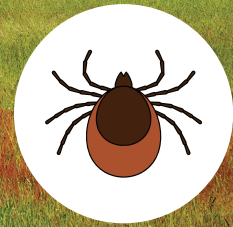


Bitten by a tick?

Ticks are active year-round on Martha's Vineyard. Here's what you need to know to protect yourself.



Prevent →

Tick Risk is Manageable.

Treat your clothes. Protect your skin.
Do a full body check after being outside.

Remove →

Found one? Don't panic.

Remove the tick immediately: Use fine-tipped tweezers. Grasp close to the skin, pull straight up. Don't twist. Clean the bite and seal the tick in a bag or tape.

Call →

Need antibiotics quickly?

DEER ticks can spread Lyme Disease. Lyme can be prevented if you take medication within 72 hours of the bite. Illness from a **LONE STAR** tick is caused by an allergy that cannot be prevented with antibiotics after the bite. Call your health care provider or visit one of our local health care sites.

Monitor →

Monitor for symptoms.

Tick bites may cause symptoms such as a reaction to food, fever, rash, fatigue, headache, joint pain, hives, shortness of breath. Call your health care provider or visit one of our local health care sites.

Need local care?

Oak Bluffs

Martha's Vineyard Hospital 508-684-4500

- Tick care through the *Express Care Clinic*
- Emergency Department
- Direct Patient Gateway scheduling

Edgartown

Island Health Care 508-939-9358

Tisbury

The Tick Center at Martha's Vineyard Medical
508-693-4400

Quick links

Prevent the Bite!

Tick-Borne Illness Prevention:
islandspublichealth.com



Found a tick? CDC Bite Guide:

An interactive tool to help
determine when to seek care



Plans for reducing ticks!

Visit tickfreemv.org

