

May 2015

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# CHELAN-DOUGLAS PUBLIC HEALTH



## Current Conditions of Interest

*"Always Working for a Safer and Healthier Community"*

**TO REPORT A  
NOTIFIABLE  
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## Online Survey Asks WA Dog Owners About Run-Ins with Ticks

**OLYMPIA** -- State health officials are asking Washington's dog owners, "Where'd you get that tick?" A new online survey aims to help the state Department of Health learn more about [Washington ticks and the diseases they spread](#). Dog owners are asked to go online and fill out a short, anonymous survey, and to send the agency any ticks they find during tick season.

In Washington, taking the dog for a late winter or spring-time walk comes with the added task of checking our four-legged friends for ticks. The tick season has begun in Western Washington, and in the next few weeks, ticks will emerge from their winter hideaways elsewhere in the state.

"Many dog owners have found a tick or two on their furry friend after coming home from a walk outside," said Dr. Liz Dykstra, entomologist for the Department of Health.

"We'd like to know more about when and where they've picked up ticks, and if their dog has ever been diagnosed with a tick-borne disease."

Ticks are typically considered a nuisance pest in the Pacific Northwest, but occasionally they transmit diseases to dogs and people here. Because companion animals like cats and dogs can get some of the same diseases as humans, state public health tracks animal diseases. By doing this, disease investigators gather information about potential disease risks to humans.

Every year, small numbers of tick-borne disease cases in people – such as Lyme disease – are reported to local health agencies and the state Department of Health. Many of these cases were infected during travel to eastern or Midwestern states, but a few people likely picked up their infection in Washington. Of the nearly 70 reported Lyme disease cases from 2010 to 2013, only about 15 percent were likely infected within the state.

Preventing tick bites is the best way to avoid contracting a tick-borne illness such as Lyme disease. Wear light colored clothes that will let you easily spot a tick; tuck your pants into socks or boots and tuck in your shirt to keep ticks off. Using a repellent that has DEET on exposed skin can ward off the ticks. Any spray with permethrin can be used on clothes to kill ticks.

Be sure to take a shower within two hours of being in tick habitat and check yourself and your pet for ticks for a few days afterwards. If you've been bitten by a tick, make a note of the date and monitor your health for the next 30 days. If you develop an expanding "bulls-eye" rash, a spotty rash, or "flu-like" symptoms like fever, fatigue, or achiness within a month of spending time in tick habitat or a known tick bite, see your health care provider and let them know of your exposure.

The survey and tick submission requests are part of a multi-year project the Department of Health is doing to better understand tick-borne disease risks in our state. [Directions on how to submit ticks](#) and information about [ticks and tick-borne diseases](#) in Washington can be found online.

Tick-borne relapsing fever (*Borrelia hermsii*) is among the most common tick-borne illnesses contracted in Washington State. One to 12 cases are reported annually.

Endemic Lyme disease (*Borrelia burgdorferi*) is not common, with only 0 to 3 cases per year. Almost all Washington Lyme disease cases (7-23 cases/yr) are the result of tick exposure out of state.

**Remember:** the test for Lyme disease cross reacts with *B. hermsii* so please order both tests to look for the higher titer.



*Ornithodoros hermsii*

soft tick



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## Ticks in Washington State [CDC Geographic Distribution Page](#)

### Brown dog tick

(*Rhipicephalus sanguineus*)



The brown dog tick has recently been identified as a reservoir of *R. rickettsii*, causing [Rocky Mountain spotted fever](#) in the southwestern U.S. and along the U.S-Mexico border. Brown dog ticks are found throughout the U.S. and the world. Dogs are the primary host for the brown dog tick for each of its life stages.



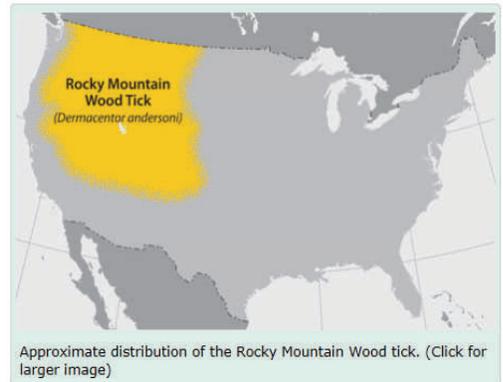
Approximate distribution of the Brown Dog tick. (Click for larger image)

### Rocky Mountain wood tick

(*Dermacentor andersoni*)



Rocky Mountain wood tick can transmit [Rocky Mountain spotted fever](#) and [tularemia](#) to humans. This tick is found in the Rocky Mountain states. Adult ticks feed primarily on large mammals. Larvae and nymphs feed on small rodents. Adult ticks are primarily associated with pathogen transmission to humans.



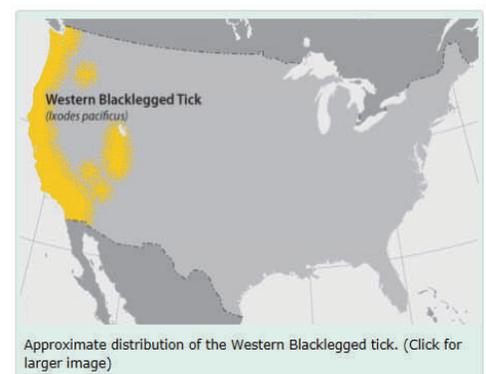
Approximate distribution of the Rocky Mountain Wood tick. (Click for larger image)

### Western blacklegged tick

(*Ixodes pacificus*)



The western blacklegged tick can transmit the organisms responsible for causing [anaplasmosis](#) and [\\*Lyme disease](#) in humans. Wild rodents and other mammals are likely reservoirs of these pathogens.



Approximate distribution of the Western Blacklegged tick. (Click for larger image)

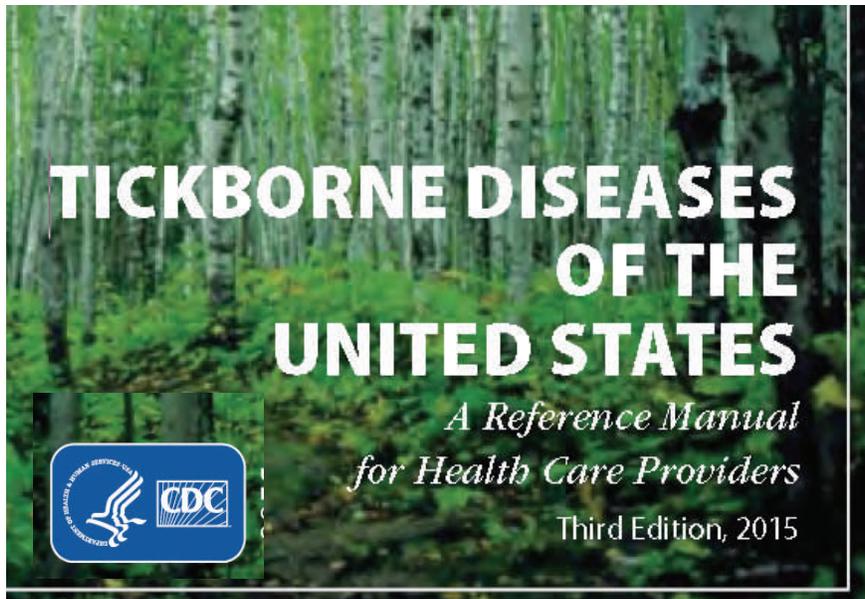
*\*Office of Communicable Disease Epidemiology comment (2014):* The incidence of endemically acquired Lyme disease in all counties in Washington is very low. Recent tick collection and testing (2010-2014) has identified *I. pacificus* ticks in Clallam (6), Mason (1), and Klickitat (3) counties to be infected with *B. burgdorferi*. A review of the prior 10 years of reported Lyme disease cases was conducted in 2014, showing that no counties had more than 1 confirmed case with exposure in the county. **For surveillance purposes, none of the counties in Washington will be considered endemic as of September 2014.**



## Resources from CDC

### New Handbook-

[Tickborne Diseases of the United States: A Reference Manual for Health Care providers, Second Edition](#)



### New and Emerging Tickborne Diseases Video-

<http://www.cdc.gov/ticks/diseases/index.html#video>

New & Emerging Tickborne diseases: Agents, clinical features & surveillance

**Novel and Emerging Tick-Borne diseases: Agents, clinical features, and surveillance**  
September 18, 2013 12:00-1:30PM EST

The Centers for Disease Control and Prevention, National Institutes of Health, Food and Drug Administration, Association of State and Territorial Health Officials, and the National Association of County & City Health Officials are committed to preventing awareness among the public health community of recent tick-borne disease trends in the U.S. This webinar will highlight novel and emerging tick-borne pathogens and provide opportunity for audience questions and answers.

<p><b>Moderator</b> Dr. Joseph Breen, NIH</p> <p><b>Speakers</b> Dr. Aaron DeVries, Minnesota Department of Health <i>Powassan virus</i> Dr. Roger Nasci, CDC <i>Heartland virus</i> Dr. Peter Krause, Yale School of Medicine <i>Borrelia miyamotoi</i> Dr. Jennifer McQuiston, CDC <i>Ehrlichia muris-like agentum</i> Dr. Barbara Herrisidt, CDC <i>Babesia microti</i> Aana Perea, CDC <i>Tick-borne disease prevention resources</i></p>	<p><b>Participant Login/Call-in Information for Webinar</b> JOIN THE EVENT DIRECTLY AT: <a href="https://www.zoompros.com/join/2013/09/18/90131118a-90131118a">https://www.zoompros.com/join/2013/09/18/90131118a-90131118a</a> If there are problems connecting to the above link, use the following: URL: <a href="https://www.zoompros.com/join/">https://www.zoompros.com/join/</a> Conference number: 900091112 Audience passcode: 8043433</p> <p><b>ADDITIONAL INFORMATION</b> Web conferencing will provide the only audio for this meeting. For more information below to connect: Phone: 1-800-368-5178 Web: 8043433</p> <p><b>PRE-MEETING USERS</b> Before the meeting, check your system to make sure it is ready to use Microsoft Office Live Meeting. <a href="http://www.microsoft.com/office/live/9">http://www.microsoft.com/office/live/9</a></p> <p><b>TROUBLESHOOTING</b> Unable to join the meeting? Follow these steps: 1. Copy this address and paste it into your web browser: <a href="https://www.livemeeting.com/90131118a">https://www.livemeeting.com/90131118a</a> 2. Copy and paste the required information: Meeting ID: 900091112 Entry Code: 8043433</p>
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