

TICKS: SMALL THREATS, BIG RISKS

WHAT IS A TICK?

- Widely distributed mites
- Hematophagous external parasites
- Life cycle with 3 stages: Larva, nymph and adult
- Climate modulates the presence of hosts and ticks



KEY FEATURES

- Different appearance, sizes and colours
- No body segmentation
- Mouthparts (1), rigid body and 4 pairs of legs (2)

WHERE ARE THE TICKS FOUND?



Ubiquitous based on **climate**, **vegetation type** and presence of **hosts** and **reservoirs**



TICKS CAN BE VECTORS OF...



Viruses
E.g. Crimea-Congo hemorrhagic fever



Bacteria
Ej. Borreliosis



Parasites
E.g. Babesiosis

PREVENTIVE MEASURES

Use of suitable footwear



Clothing that covers legs and arms

Apply repellents following technical instructions



Self-check after activity: head, axillae and groin

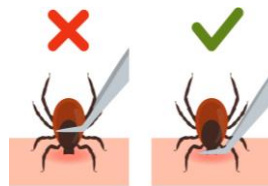
Walk along the marked trails



IN CASE OF A TICK BITE



Contact a health center or healthcare professional



Proper extraction



Check for the appearance of fever, pain or rashes

Glosario

- ▶ **Hematophagous:** an organism whose feeding habit is the ingestion of blood.
- ▶ **Host:** vertebrate animal that can harbor or carries a pathogen, in this case a tick, which feeds on it. Generally in a parasitism relationship.
- ▶ **Reservoir:** vertebrate animal capable of harboring a pathogen without causing symptoms in the animal.
- ▶ **Life cycle:** series of stages through which an organism passes from birth to death. The tick's cycle consists of 3 stages: larva, nymph and adult. In all of them the tick must ingest blood.
- ▶ **Larva:** refers to the stage of a tick's life cycle after hatching from the egg. It has three pairs of legs and its length is usually small, about 0.5 mm (often imperceptible to the human eye).
- ▶ **Nymph:** refers to the stage in the life cycle of a tick, following the moulting of a larva and subsequent feeding. It has four pairs of legs and its length is between 1 - 1.5 mm.
- ▶ **Adult:** mature stage in the tick's life cycle, after the molting of a fed nymph. It has four pairs of legs, its length can reach 4 mm without feeding and males and females are differentiated.
- ▶ **Mouthparts:** anterior part of the tick, consisting of the elongated biting instrument, which is inserted to feed on blood.
- ▶ **Self-check:** visual examination of oneself, paying special attention to the ears, scalp, neck, armpits, navel, groin and behind the knees.
- ▶ **Correct removal:** use tipped tweezers, as close to the skin as possible at the site of the bite, with the tick in the middle. Pull firmly and steadily.
- ▶ **Repellents:** products to prevent tick bites. You can consult the effective and authorized repellents in Spain:

[Spanish Agency for Medicines and Medical Devices \(AEMPS\)](#)
[Ministry of Health](#)

For more information, visit our [website](#)
For any questions or suggestions, contact:

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