



As we head into warmer months, it's important to stay informed about the critters that share our outdoor spaces. In Virginia, ticks are a common concern. Here are the three most prevalent types you should be aware of:

Blacklegged Tick (Deer Tick) 🦋: These tiny ticks are notorious for transmitting Lyme disease. They thrive in wooded and grassy areas, so be cautious during hikes or outdoor activities.

American Dog Tick 🦋: Found in grassy areas and along trails, these ticks are known carriers of Rocky Mountain spotted fever and tularemia. Keep an eye out, especially if you're out walking your furry friends.

Lone Star Tick ★: Identified by the white spot on the female's back, these ticks can transmit diseases like ehrlichiosis and STARI (Southern Tick-Associated Rash Illness).

They're commonly found in wooded areas with dense underbrush.

Remember to protect yourself with insect repellent, wear long sleeves and pants when venturing into tick-prone areas, and perform tick checks after spending time outdoors. Stay safe and enjoy Virginia's natural beauty responsibly! 🌲

#tickawareness

For more information about ticks and ways to prevent them visit:

<https://www.vdh.virginia.gov/ticks/>