







## How is Colorado tick fever treated?

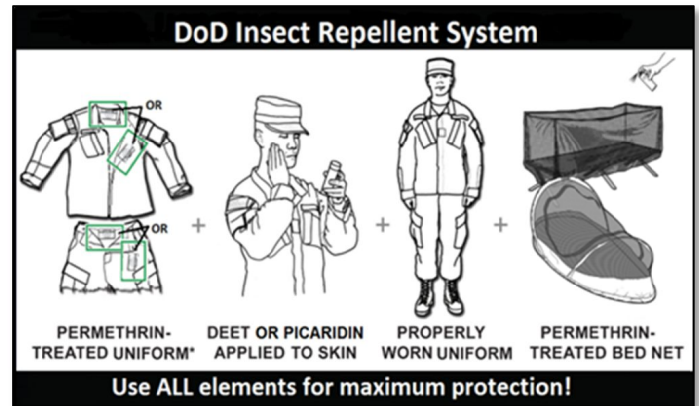
There is no specific treatment for Colorado tick fever. Symptomatic treatment includes efforts to manage pain and fever, as well as other supportive care as necessary. Recovery from CTFV infection confers long-lasting immunity.

## What can I do to reduce my risk of becoming infected with Colorado tick fever virus?

There is no vaccine against Colorado tick fever. Therefore, in order to prevent Colorado tick fever, as well as other tick-borne diseases, you must protect yourself from tick bites. When in tick habitat (tall grass and weeds, scrubby areas, woods and leaf litter), follow these precautions:

-  Wear proper clothing as a physical barrier against ticks – long pants tucked into boots or tightly-woven socks; long sleeve shirt; shirt tucked into pants; and light-colored clothing so as to more easily spot ticks.
-  Check your skin and clothing periodically for ticks.
-  Use both skin and clothing repellents that have been approved by the Environmental Protection Agency (EPA). They are safe and effective. Always FOLLOW LABEL DIRECTIONS.
  - For your skin, use a product that contains 20-50% **DEET** (N, N-diethyl-meta-toluamide). **DEET** in higher concentrations is no more effective.
  - Use **DEET** sparingly on children, and don't apply to their hands, which they often place in their eyes and mouths.
  - Apply **DEET** lightly and evenly to exposed skin; do not use underneath clothing. Avoid contact with eyes, lips, and broken or irritated skin.
  - To apply to your face, first dispense a small amount of **DEET** onto your hands; then carefully spread a thin layer.
  - Wash **DEET** off when your exposure to mosquitoes, and other arthropods, ceases.
  - When using **DEET** and a sunscreen, apply the sunscreen first. After 30 minutes to an hour, apply the **DEET**. This allows the sunscreen time to penetrate and bind to the skin, and will not interfere with the efficacy of the **DEET**.
  - For your clothing, use a product that contains **permethrin**. **Permethrin** is available commercially as 0.5% spray formulations. Clothing that is factory-impregnated with permethrin may also be purchased commercially. Permethrin will withstand numerous launderings.
-  For optimum protection, soldiers should utilize the **DOD INSECT REPELLENT SYSTEM**. In addition to proper wear of the military field uniform (pants tucked into boots, sleeves down, undershirt tucked into pants), this system includes the concurrent use of both skin and clothing repellents:

- Standard military skin repellent: 33% **DEET** lotion, long-acting formulation, one application lasts up to 12 hours, **NSN 6840-01-284-3982**.
- Standard military clothing repellents: either IDA (impregnation kit), 40% **permethrin**, one application lasts the life of the uniform (approx. 50 washes), **NSN 6840-01-345-0237**; or aerosol spray, 0.5% **permethrin**, one application lasts through 5-6 washes, **NSN 6840-01-278-1336**. Factory permethrin-treated uniforms are also available via contract [Contact the Armed Forces Pest Management Board (AFPMB) for details, DSN 295-7476; CM (301) 295-7476].



## What should I do if I find a tick attached to my skin?

Remove attached ticks as soon as they are found. Use fine-pointed tweezers to firmly grasp the tick's mouthparts up against the skin, and pull back firmly and steadily. Be patient – the tick's central mouthpart called the hypostome is covered with sharp barbs, sometimes making removal difficult. Never squeeze the body of the tick or use such things as petroleum jelly, fingernail polish remover, or a lighted match: these methods could force more infective fluid into the skin. After removal, wash the wound site, and apply an antiseptic. Preserve the tick by placing it in a clean, dry jar, or other well-sealed container, and keeping it in your freezer. Should you develop disease symptoms, take the tick with you to the physician's office; identification of the tick species may assist the physician with your diagnosis and treatment. You may discard the tick after one month; all known tick-borne diseases will generally display symptoms within this time period.