

## Tick Safety Briefing & Field Guide for Utility Crews

### Crew Leader Safety Briefing:

Ticks are active in Nebraska and are especially common in grassy and brushy areas where crews will be working. While tick populations drop immediately after wildfire, they can recover due to rapid generation of vegetation and the influx of animal hosts. Preventing tick bites is the best protection to protect from various tick-borne illnesses and the risk of alpha-gal syndrome, which is the allergy to red meat (and other mammalian products). Everyone should dress and prepare accordingly to encounter tick-infested areas by using repellents such as DEET, wearing permethrin-treated clothing, and tucking pants into socks and shirts into pants. Perform frequent and thorough tick checks throughout the day. At the end of the day, remove clothing and place in a clothes dryer on high heat for 20 minutes, and shower while checking your entire body. If you find a tick, remove it promptly with pointed tweezers and save it for identification. Watch for symptoms like rash or fever and seek medical care if they occur.

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### Prevention: What to Do in the Field

- Wear light-colored clothing
- Tuck pants into socks and shirts into pants
- Use EPA-approved insect repellent
- Consider permethrin-treated clothing/gear
- Frequent and thorough tick checks

### Reasoning

Easier to spot ticks crawling upward  
Keep ticks on top of clothing  
Products tested against ticks  
Safe for people to wear, toxic to ticks  
Find and remove before they embed



Remember: Ticks come from the ground/vegetation, not from trees

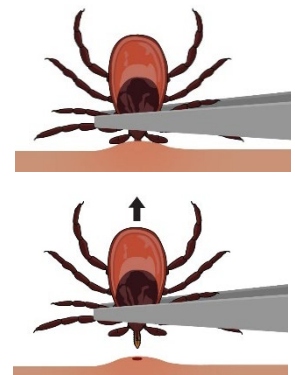


### Recommended “Tick Kit” (per crew/truck)

- Pointed fine-tip tweezers for safe tick removal
- Sticky lint rollers or painter’s tape to pick up crawling ticks in vehicles
- EPA-approved insect repellents such as DEET, picaridin, or IR3535
- Permethrin-treated clothing if available
- Small containers or zip-top bags for saving ticks
- Permanent marker to label with date/location


### Removing Tick Safely

1. Grasp tick with pointed tweezers as close to skin as possible
2. Pull upward with steady, even pressure
3. Keep tick for identification (contact local Extension office)
4. Clean skin with alcohol or soap and water



## Tick Resources for Nebraskans

Nebraska One Health: <https://nebraskaonehealth.unl.edu/one-health-practice/tick-tag-go>



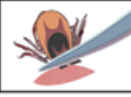
**TO FIND**  
Scan ME

Take clear focused photos. Don't zoom in. Use a light colored background. Upload photos to iNaturalist to help us study ticks in Nebraska.

**!Naturalist**

### IF YOU FIND A TICK ON YOU

1. Use tweezers, grasp it as close to the skin as possible and pull straight out.
2. Disinfect the bite.
3. Photograph and store tick in freezer or rubbing alcohol.
4. Record date and location of tick and submit to iNaturalist.
5. Contact health care providers with questions, concerns or if symptoms occur.




### Tick Prevention

- Wear light colored clothing.
- Tuck shirts in pants and pants in socks.
- Use EPA-approved repellents as directed.
- Shower, check crevices after being outside.
- Clothes in dryer on high for 30 minutes.
- Full body checks on you, children and pets.

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### TICK INFORMATION CARD





















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### Important Ticks of Nebraska

	 <b>Lone Star Tick</b> <i>Amblyomma americanum</i>	 <b>American Dog Tick</b> <i>Dermacentor variabilis</i>	 <b>Blacklegged (Deer) Tick</b> <i>Ixodes scapularis</i>	 <b>Gulf Coast Tick</b> <i>Amblyomma maculatum</i>
<b>Engorged (Full of blood)</b>				
<b>Adult</b>				
<b>Nymph</b>				
<b>Larva</b>				

Approximate tick sizes shown above


Nebraska DHHS Tick and Surveillance map:

<https://experience.arcgis.com/experience/c6fde5fd914d407aad18c07cc7725d6a/%20>


U.S. Centers for Disease Control and Prevention: <https://www.cdc.gov/ticks/index.html>


## Tick Testing

Ticks can be submitted to the University of Nebraska Medical Center for testing, but this is not a medical diagnostic tool. Medical decisions should be based on symptoms and physician guidance.



**UNMC**  
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**NEBRASKA  
TICK  
TESTING**

<https://go.unmc.edu/nett>

Contact us at:  
[NebraskaTickTesting@unmc.edu](mailto:NebraskaTickTesting@unmc.edu)

Found a tick? Get it tested for free!

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