

Tickborne Disease Calendar

Created by:

- Stephanie Barth, BCDHE intern - stephaniekb Barth@gmail.com
- Lea Hamner, BCDHE contract epidemiologist - lea.hamner-contractor@capecod.gov

Link to OneDrive with outreach materials: [Cape & Islands Tick Outreach Collaboration](#)

January

Date(s)	Event	Data/Sources	Key Messages
Jan	Deer tick awareness		Deer ticks don't die off in the winter and adults can be actively looking for a meal anytime temps are above 35F-40F. Fewer people get bit this time of year because we're outdoors less and wearing long pants and sleeves. However, an adult deer tick on your clothes will look for a way to your skin. A bite from an adult deer tick is <i>high</i> risk for an infectious disease.

February

Date(s)	Event	Data/Sources	Key Messages
Feb	Send clothes to Insect Shield	Insect Shield (Code: CapeCod2025, MARTHASV2025, or ACK2025 for 15%off) (Note that InsectShield is <i>only</i> company that offers "Send in your clothes for treatment")	Long-term permethrin treatment can give you tick peace-of-mind all season long. Send in or purchase clothing for treatment in January/February prior to tick high season (April-October). Getting your clothing professionally treated means they will be tick-resistant for 70 washings, often the

			lifetime of the garment.
--	--	--	--------------------------

March

Date(s)	Event	Data/Sources	Key Messages
March 21	International Day of Forests	Ticks in the Forest	Tick Myths! They do not fall from trees. Ticks are found in first 3 feet from the ground on the ends of vegetation
March 24-30	Tick Bite Prevention Week	tick bite prevention MV's Tick Activity Chart (title-less version in Cape & Islands folder at top of document > Graphics)	More ticks are beginning to emerge. Lone star and Dog Ticks are starting to show up. If you self-treat your clothes and shoes with Permethrin, now's the time to do that first treatment! Ticks are emerging. Remember to set a calendar reminder to retreat every 6 weeks, or 6 washings, whichever comes sooner.
Late-March	Gardening/ Landscaping picks up	Mass.gov Tick Prevention for Gardeners Mass.gov Tularemia Update for Landscapers	Being active in tick habitat is a risk! Stay safe while outdoors.
	Increasing tick activity	URI Tick Field Guide	Know what ticks are active in your area and what the risk is from their bite. (Good resource any time of year since it reflects current risk)

April

Date(s)	Event	Data/Sources	Key Messages
April 7-13	National Public Health Week		
April 11	National Pet Day	Tick Prevention for Pets	Pet tick treatments- identify dog ticks &

		Pet Tick Safety	diseases they carry (RMSF, Tularemia)
Late-April	Tick Season Begins in Earnest	Tick Removal Tick Outreach	Tick Bite Prevention Proper tick removal- What to do when bitten by a tick If you self-treat your clothes and shoes with Permethrin, now's the time to do that first treatment! Ticks are emerging. Remember to set a calendar reminder to retreat every 6 weeks, or 6 washings, whichever comes sooner.
April 22	Earth Day		

May

Date(s)	Event	Data/Sources	Key Messages
May 1	World Lyme Day	Global Lyme Alliance Lyme	Lyme Disease is the single most common tickborne disease in Cape & Islands. It's also the most common insect-caused illness in the United States. In the Cape & Islands, around XX% of the nymph (teenage) deer ticks carry the pathogen that causes Lyme Disease and XX% of the adults carry it. This is why it is essential to prevent tick bites in the first place! If you do find a tick on you, TickBiteBot will walk you through what to do and when to consult a doctor.
May 11-17	Food Allergy Awareness Week	Alpha Gal Information.org	Did you know you can become allergic to red

			meat (and possibly dairy) from a tick bite? Lone Star ticks are becoming increasingly common on the Cape & Islands. Learn more about Alpha-Gal Syndrome here: https://alphagalinformation.org/ (lots of handouts, flyers, etc)
May 17	Kids to Parks Day	Prevent Tick Bites for Kids Tickborne Illness in Kids	
May	National Tick Awareness Month	Tick Report Stats for MA TickSpotters	Shareable Infographics Know your tick, know your risk. Each tick carries different diseases. Take a photo and submit to Tick Spotters for free.
May 26	Memorial Day		
Late-May	Tourist Season Begins	Travellers Leaflet example	Barnstable County Tick Infographic

June

Date(s)	Event	Data/Sources	Key Messages
June	Tick Bites sustained in May start causing illness	Symptoms Tick Bite Bot (CDC) - interactive! What to do after a bite	"Summer flu" could be tickborne disease. Many start with flu-like symptoms. If symptoms persist and it is not COVID-19 or another viral illness, consider talking to your healthcare provider.
June	Peak Deer Tick season	Tick Bite First Aid	
June	National Camping Month	Tips for Camp Counselors Preventing Ticks	

		while Camping	
June 7	National Trails Day	Tick Prevention for Hikers	

July

Date(s)	Event	Data/Sources	Key Messages
July 4	4 th of July		Be careful in those dune grasses! Dog ticks like to hang out there. Check yourself for ticks after crossing the dunes so you don't have an uninvited guest at your beach cookout.

August

Date(s)	Event	Data/Sources	Key Messages
August	Lone Star larvae start emerging.	"Tick Bombs" Photos of tick bombs in OneDrive (link at top of doc)	Is that dirt on your leg? Or is it a Tick Bomb? Be prepared for this horrifying encounter by having a lint roller handy—it's the fastest way to get them off. Have a bunch of itchy bites on your ankles or legs? It's possible that those are Lone Star larval (baby) tick bites. You might see a tick there, you might not. These baby ticks are fragile and scratching or rubbing your skin can remove them. The bite can be very very itchy and last weeks. Talk to your pharmacist about over-the-counter or prescription medications that could help.

September

Date(s)	Event	Data/Sources	Key Messages
September	Lone star larvae still active		
September 27	National Fishing & Hunting Day	Ticks and Hunters	

October

Date(s)	Event	Data/Sources	Key Messages
October 1	Deer tick adults reemerge		
Early October	Archery Season begins		Permethrin is odorless. Deer won't detect it.
October 19-25	National Health Education week		Ticks are still active! Be alert & continue prevention Second peak of tick activity Oct-Nov

November

Date(s)	Event	Data/Sources	Key Messages
November 1	Deer tick adults active but should not be any nymphs, LST, or Dog ticks active at this time		
November 17	National Take a Hike Day	Tick Prevention for Hikers	
November 19	National Camp Day	Preventing Ticks while Camping	
November 28	REI's Opt Outside Day		

December

Date(s)	Event	Data/Sources	Key Messages
December 1-13	Deer hunting season	CDC- Open Season on Ticks Hunting & Prevention Tick Safety for Hunters Video	