

Welcome to the Tick Season!

I-TICK program is doing great, thanks to your participation. The number of hubs is growing, you are making a difference. We continue to recruit new hubs (private and public). If you know any institution or individuals who want to participate and get the tick-kits, please feel free to contact our I-TICK Coordinator, **Peg Gronemeyer (mag6@illinois.edu)**.

Summer 2019 I-TICK Newsletter

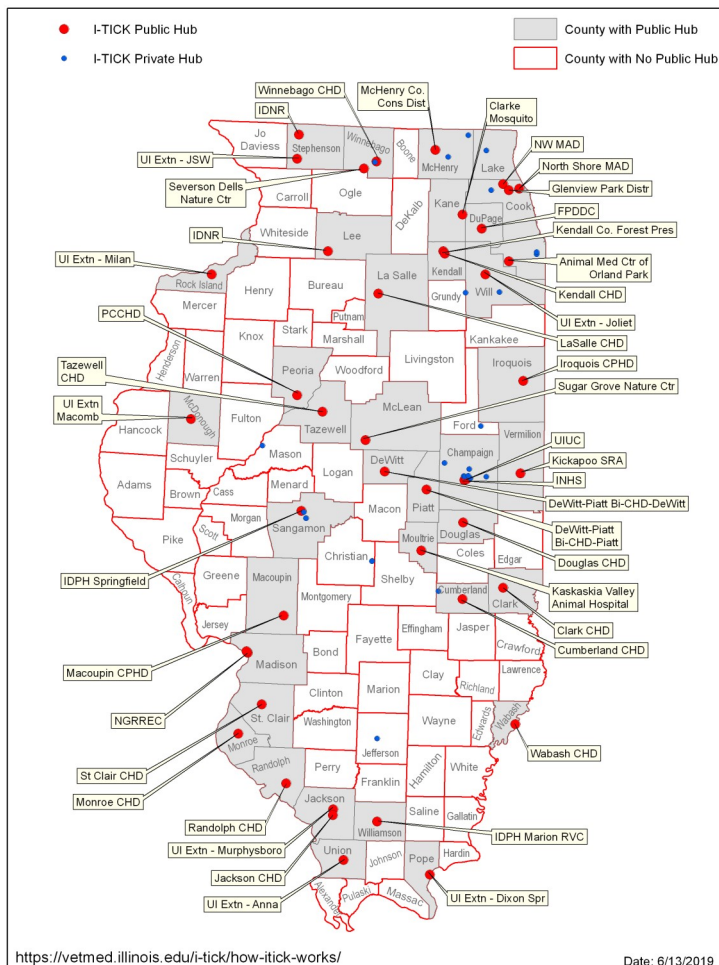
Avoid Tick Bites - After You Come Indoors, The CDC Suggests that:

1. You need to **check your clothes**, because ticks may be carried through your clothes.
2. **Check your pets and gear**, ticks can attach to them and later to you. Making sure that your gear and pets are clear from tick attachment.
3. **Shower immediately** after being outdoors. Research showed that showering within two hours after coming indoors may potentially reduce the risk of Lyme disease.
4. **A full body check** is needed after being outdoors. Below are some areas of your body that are important to check for ticks.

Hubs Update

June 13, 2019 Update: we have **42** public hubs, **25** private hubs, and **11** individuals in **40** counties across Illinois. We are hoping to have more participation from other **62** counties. If you are in a "blank county" (county without a red dot), and want to participate or are curious about this program, please contact us.

Figure 1. I-TICK Hubs across IL (map created by the University of Illinois at Urbana-Champaign)



I-TICK Education Workshops

As part of the I-TICK Program, in Spring 2019 the University of Illinois and IDPH conducted Tick Surveillance Training Workshops in 6 regions across the state. Each workshop consisted of 5 different modules related to tick surveillance, reporting, and general knowledge of tick and tick-borne disease.

I-TICK workshops were hosted by 6 county health departments (Tazewell, Jackson, Madison, Winnebago, Champaign-Urbana, and Kendall). Each workshop included representatives from county health departments across their regions.

Through this program, we were able to provide training to 41 county health departments within Illinois.

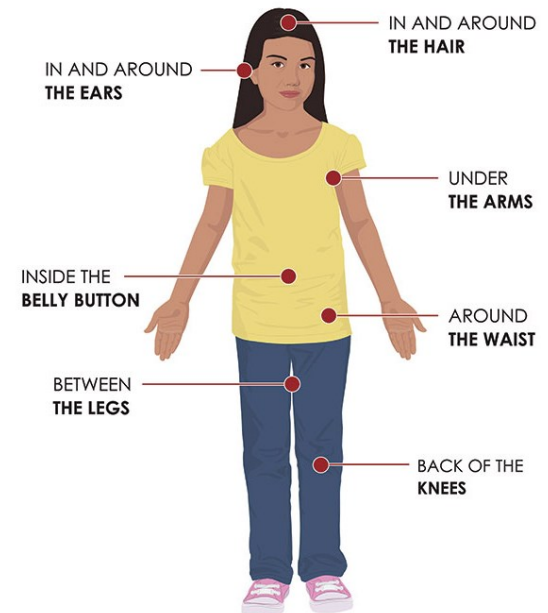


Figure 2. A full-body check for after being outdoors (picture provided by the Centers for Disease Control and Prevention) https://www.cdc.gov/ticks/avoid/on_people.html