



DEPARTMENT OF THE ARMY
HEADQUARTERS, 44TH MEDICAL BRIGADE
FORT BRAGG, NORTH CAROLINA 28307-5000

REPLY TO
ATTENTION OF:

AFZA-MB-PM

22 May 2000

MEMORANDUM FOR SEE DISTRIBUTION

SUBJECT: Personal Protective Measures Against Arthropods

1. Command emphasis is the critical ingredient in ensuring mission success. Last month a 3ID soldier almost died with Rocky Mountain Spotted Fever and last year a Fort Campbell soldier died from Ehrlichiosis. Both diseases are spread by infected ticks. As Leaders, we must ensure our soldiers are afforded protection from arthropods whether in an FTX at Fort Bragg or during an actual deployment. I am convinced that the DoD Insect Repellant System provides maximum protection against vector borne diseases.
2. As part of Force Health Protection, it is absolutely incumbent upon us, as LEADERS to ensure our soldiers are knowledgeable about the DoD Insect Repellant System. Commanders will ensure soldiers are provided Deet repellant prior to field activities. BDUs intended for field use will be treated with permethrin prior to deployment. I have directed in the Brigade's Field Sanitation Team SOP that such protective measures be part of your Force Protection Program.
3. The two enclosures are to assist you in your arthropod prevention program. POCs are MAJ Swalko and LTC West at commercial 910-907-4223/4224 or DSN 337-xxxx.

2 Encls

1. Protect Yourself from Tick-Borne Diseases
2. DoD Insect Repellant System

A handwritten signature in black ink, reading "Kenneth L. Farmer, Jr.", is positioned above the typed name.

KENNETH L. FARMER, JR.
Brigadier General, USA
Commanding

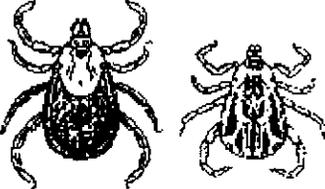
DISTRIBUTION:
B, C, E, G

Protect Yourself from Tick-Borne Diseases

* Ticks can carry and transmit (vector) a wide variety of disease-causing organisms (pathogens). Different kinds (species) of ticks generally transmit different pathogens, that is, they are considered vectors for specific disease organisms. Some ticks can be vectors for more than one kind of pathogen.

* Not all ticks are infected, so a tick bite does not necessarily mean you will get a disease. In addition, even if a tick is infected, it must be attached to your skin for at least several hours before it can successfully transmit the pathogens to you. Therefore, the sooner you remove attached ticks, the safer you will be.

Tick Species and Life Stages Most Likely to Bite Humans in the U.S. and the Diseases They May Cause

Tick Species	Disease	Pathogen
 <p>female Adults male Nymph <i>Ixodes scapularis</i> (black-legged tick, also known as deer tick)</p>	<p>Lyme disease Human granulocytic ehrlichiosis Dabesiosis</p>	<p><i>Borrelia burgdorferi</i> <i>Ehrlichia</i> sp. <i>Babesia microti</i></p>
 <p>female Adults male Nymph <i>Amblyomma americanum</i> (Lone Star tick)</p>	<p>Human monocytic ehrlichiosis Lyme disease-like illness</p>	<p><i>Ehrlichia chaffeensis</i> <i>Borrelia</i> sp.</p>
 <p>female Adults male Nymph <i>Dermacentor variabilis</i> (American dog tick)</p> <p>Not found on humans</p>	<p>Rocky Mountain spotted fever</p>	<p><i>Rickettsia rickettsii</i></p>

* There are additional tick species that bite humans in limited areas of the United States. They include: *Ixodes pacificus* (western black-legged tick) which looks identical to *Ixodes scapularis* and transmits the same or closely related pathogens as that tick species, but is present only in the Pacific Coast states; and *Dermacentor andersoni* (Rocky Mountain wood tick), which looks very similar to *Dermacentor variabilis*, and transmits RMSF, but only in the Rocky Mountain states.



* Ticks go through several stages in their life cycle: egg, larva, nymph, and adult (male and female at this stage). For all tick species, the larva is very tiny (a mere speck), the nymph is a little larger (but still very small, about the size of a pin head), and the adults are larger and easy to see. Although larval ticks will bite man, they rarely transmit pathogens, but both nymphs and adults may do so. Nymphs are of greatest concern, owing to their small size which makes them easy to overlook.

* A tick needs a blood meal from a host in order to molt (progress to the next stage of it's life cycle), and to reproduce (mate and lay eggs) as adults. This feeding process continues for several days to a week until the tick is fully engorged with blood. It then releases it's hold from the host, drops off, and subsequently molts or lays eggs. If the tick is infected with pathogens, it can transmit the infection to the host (this could be you!) During the feeding process.

DO THIS:

* Wear the proper clothing:

- Long pants tucked into boots or socks;
- Long sleeves;
- Shirt tucked into pants;
- Light-colored clothing makes it easier to spot ticks.

* Use these safe and effective insect repellents:

- Treat clothing with permethrin repellent. When ticks crawl on the fabric, they absorb a tiny amount of permethrin, making them too sick to bite you. Follow application directions on the repellent label.
- Apply deet repellent to skin that is not covered by clothing. Follow application directions on the label.

* Check yourself for ticks routinely:

- Use the buddy system;
- When you go indoors, remove your clothes and shower, checking your skin carefully;
- You can place your clothes in a hot dryer for 20 minutes to ensure that any ticks you failed to notice will be killed;
- Check children and pets carefully.

* Remove attached ticks immediately:

- Grasp the tick's mouthparts as close to the skin as possible with fine-tipped tweezers; gently and steadily pull straight back, until the barbed mouthparts can be eased out of the skin. **BE PATIENT.**
- **DO NOT** squeeze the body of the tick as this may force infective fluid into you.
- Wash the bite site and apply an antiseptic.
- Save the tick for future identification should you develop disease symptoms. Preserve it by placing it in some alcohol, or by keeping it in the freezer. Discard after one month as all known tick-borne diseases will generally display symptoms within this time period.
- If you develop flu-like illness or otherwise feel sick following a tick bite, seek medical attention immediately.

DOD INSECT REPELLENT SYSTEM

