WHAT IS POWASSAN VIRUS?

- Powassan virus, or deer tick virus, is a rare but serious germ spread through the bite of an infected tick.
- Symptoms include fever, headache, vomiting, seizures, and swelling of the brain and spinal cord.
- If you are experiencing signs or symptoms of Powassan virus infection, seek medical care immediately.

WHO IS AT RISK?

- People who spend time in wooded areas and forests are at most risk of getting Powassan virus.
- This includes utility line workers, foresters, hunters, and hikers.

WHERE IS POWASSAN VIRUS?

States with reported Powassan virus cases.
If you frequently work in forested areas, it is essential to understand the dangers of blacklegged ticks

- Blacklegged ticks, or deer ticks, frequently attach themselves to mammals like white-tailed deer, rodents, and humans.
- Blacklegged ticks can carry many bacteria and viruses that are dangerous to humans.

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<th>Feed time (hours)</th>
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Engorged blacklegged ticks can look quite different from those that have not had a blood meal.

**HOW POWASSAN VIRUS SPREADS**

1. A blacklegged tick gets Powassan virus after feeding on an animal with the virus.

2. The tick then feeds on a human and gives that person Powassan virus through the bite.
A LOOK AT THE NUMBERS

The virus can spread in the body within 15 minutes of the tick bite

It can take up to 4 weeks before you feel sick after being infected with Powassan virus

1 in 10 people who get Powassan virus disease die

Over half of people who survive Powassan virus disease are left with serious and life-long mental challenges like headaches and memory problems

CHECKING YOUR BODY FOR Ticks

Important areas to check for ticks include your head and scalp, underarms, groin, ears (in and around), waist, and the back of the knee

HOW TO REMOVE A TICK

1. Use tweezers to grab the tick and pull it up away from your skin
2. Once removed, clean your skin with soap and water or rubbing alcohol
HOW TO PREVENT POWASSAN VIRUS

Preventing tick bites is the main way to avoid Powassan virus.
You can prevent tick bites by taking these actions:

1. Treat your clothes with permethrin—an insecticide safe for clothing that kills ticks on contact.
2. Wear long pants, gaiters, and close-toed shoes when in tick habitat.
3. Dry your clothes for 20 minutes on high heat. This kills ticks.
4. Carry tweezers in case you need to remove a tick while outside.
5. Avoid dense shrubbery and leaf litter.

SOURCES
- https://www.cdc.gov/powassan/faqs.html
- https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5512300/
- https://www.cdc.gov/ticks/removing_a_tick.html

Picture credit: forestry-suppliers.com