

Lake Wise Info Sheet



Shoreland Best Management Practices for Lake-friendly Living

Benefits

- Water Quality
- Wildlife Habitat
- Prevents Erosion
- Slow, Spread, Sink Stormwater
- Visual Appeal
- Low Cost
- Low Maintenance
- Protection & Resiliency

Related Info Sheets:

Lakeshore Buffers
Planning Pathways
Restore Native Plants



See NYS DEC for more information

TICKS & SHORELANDS

Minimize risk & protect water quality

Description

Manage for native vegetation and pathways along shorelands to minimize risk of human contact with ticks and prevent tickborne diseases, including Lyme Disease and Anaplasmosis.

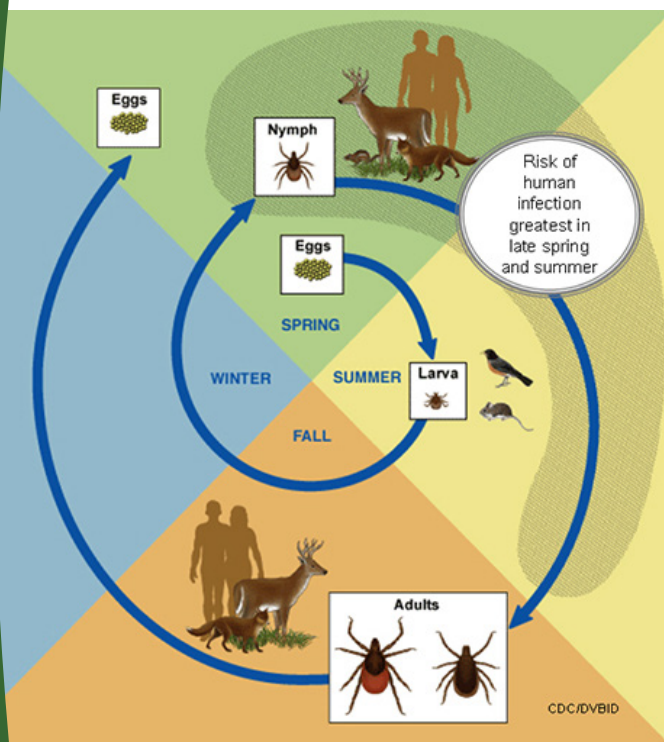


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Native plant communities help to minimize tick populations.

Applicability

It is important to understand the tick life cycle and conditions that cause tick populations to increase in order manage your property to reduce risk of contact.



Strategies to minimize contact with ticks on lakeshores:

1. Plant and promote native species

Native plants diversify habitat for birds and other wildlife. Birds, such as owls, eat ticks in addition to other bugs and mice, lowering the tick population.

Native plant communities create an environment that is less protective of ticks and mice due to varied plant heights and growth forms. Woodland environments maintain a humidity level that does not necessarily promote tick growth.

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How ticks spread

Deer and mice are common hosts to ticks and help them to spread. Mice act as hosts for ticks in their larvae stage and deer are hosts to nymph and adult ticks.

^Tick life cycle.

Lyme disease

Lyme disease is the most commonly reported tickborne disease in Vermont. It is caused by the bacteria *Borrelia burgdorferi* and is spread by the bite of a blacklegged tick. Ticks become "infected" during their larval stage when they first feed on blood of animals.



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2. Plant deer resistant native species

Planting native species that deer do not typically browse on helps to prevent the spread of ticks nearby. The following is a limited selection of native plants that are resistant to deer browsing:

Shrubs	Trees	Herbaceous Plants
Native dogwoods	Birches	Most ferns
Winterberry Holly	Pines	Most grasses
Summersweet	Junipers/	Anise Hyssop
Fragrant Sumac	E. Red Cedar	Lobelias
Viburnums	Spruces	Milkweeds
Bayberry	Maples	Asters
Shrubby Cinquefoil	Serviceberries	Baptisia
Witchhazel	Elderberries	Blue Flag Iris
		Bee Balm/Bergamot
		Yarrow

3. Maintain lake access pathways

Defining pathways by mowing, mulching, or edging minimizes the opportunities for brushing against ticks while still allowing natural vegetation to grow along the shore.

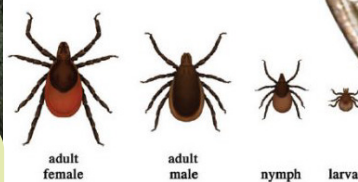
4. Remove invasive plants

Research studies have indicated that some invasive plant species create better conditions for ticks to thrive than healthy native forest ecosystems. University of Connecticut researchers found that invasive Japanese Barberry (*Berberis thunbergia*) increases the occurrence of Lyme disease-infected ticks fourfold because it creates the perfect, humid environment for ticks and protection for mice to hide in the dense branches.

Not all ticks spread disease

The three most common ticks in New York are the Deer (Blacklegged) Tick, the American Dog Tick, and the Lone Star Tick (shown below). Only Deer Ticks can carry the bacterium that causes Lyme Disease. See NYS Department of Health.

Blacklegged Tick (*Ixodes scapularis*)



Lone Star Tick (*Amblyomma americanum*)



Dog Tick (*Dermacentor variabilis*)



NOTE: Relative sizes of several ticks at different life stages.

Engorged female *Ixodes scapularis* tick. Color may vary.

^ Ticks that commonly bite humans.

Prevent tick bites with repellents registered by the EPA, like DEET (note: DEET should not be used on infants), Picaridin, and Oil of Lemon Eucalyptus. Permethrin can be used on clothing, but not skin. And always check yourself, children, and pets for ticks after spending time outdoors.

More information

[Health.ny.gov/environmental/pests/tick](https://health.ny.gov/environmental/pests/tick)



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