

## TICK SAFETY!

### WHAT ARE TICKS?

Ticks are small, eight-legged animals similar to spiders. They feed off of host animals, chiefly mammals and birds, to survive. They also carry several diseases we should watch out for (Lyme disease being the most common tick-borne disease in the Northern Hemisphere). There are a wide variety of ticks, here are two that can be found in Canada:

#### The Dog Tick:

While annoying, they do not carry Lyme disease.

#### The Black Legged Tick:

(A.K.A. The Deer Tick)

They DO carry Lyme disease.



## LYME DISEASE

### WHAT DO I DO IF I FIND A TICK?

Remove it. It will be easy when it has yet to bite you, and trickier if it is embedded. Here are the steps to safely remove a tick when it has bitten you:

- Use tweezers to remove the tick.
- Grasp the tick as close to your skin as possible.
- Pull it straight out, gently but firmly.
- Once the tick has been removed from your skin, clean the area with water and soap.
- **DO NOT** cover the tick to try to smother it.
- **DO NOT SQUEEZE IT.** It could accidentally allow bacteria causing Lyme disease to be introduced into your body.
- It is important to remember where you were when you were bitten by the tick. This will help to determine your risk of Lyme disease.

Once the tick has been removed, place it in a glass jar, a pill vial or in a double zip-lock bag. Then, bring it to Public Health in your area for identification. The prompt removal of a tick (between 24-36 hours of it biting you) can avoid getting infected with Lyme disease.

**Please do a full body check after every day in the field.**

### WHERE ARE THEY FOUND?

Ticks are normally found in areas off tall grass. They wait for a host animal to brush by and are often found in great numbers where there are deer.



If you have been bitten by a tick remember where it was. Symptoms can appear from three days to a month after you have been bitten. They may include:

- Fever;
- Headache;
- Muscle and joint pain;
- Fatigue;
- Stiff Neck;
- Facial paralysis;
- Skin Rash (often looks like a bull's eye)

If you have these symptoms, see your doctor so you can be tested to confirm the diagnosis.

**What are the chances of getting Lyme disease?** Even if you are bitten by a tick, it is not sure you will develop Lyme disease. Certain types of ticks do not carry the disease. It is therefore important to keep the ticks you find and take them to Public Health so they can be identified.

### Preventive Measures

- Wear light-coloured clothing. The ticks are easier to see, you can remove them before they become embedded.
- Wear long pants and long sleeved shirts with cuffs tight against your wrists and ankles.
- Wear closed footwear and socks.
- Tuck your shirt into your pants and your pants into your socks.
- Use an insect repellent with DEET. Make sure it is for use against ticks and follow the manufacturer's directions.