

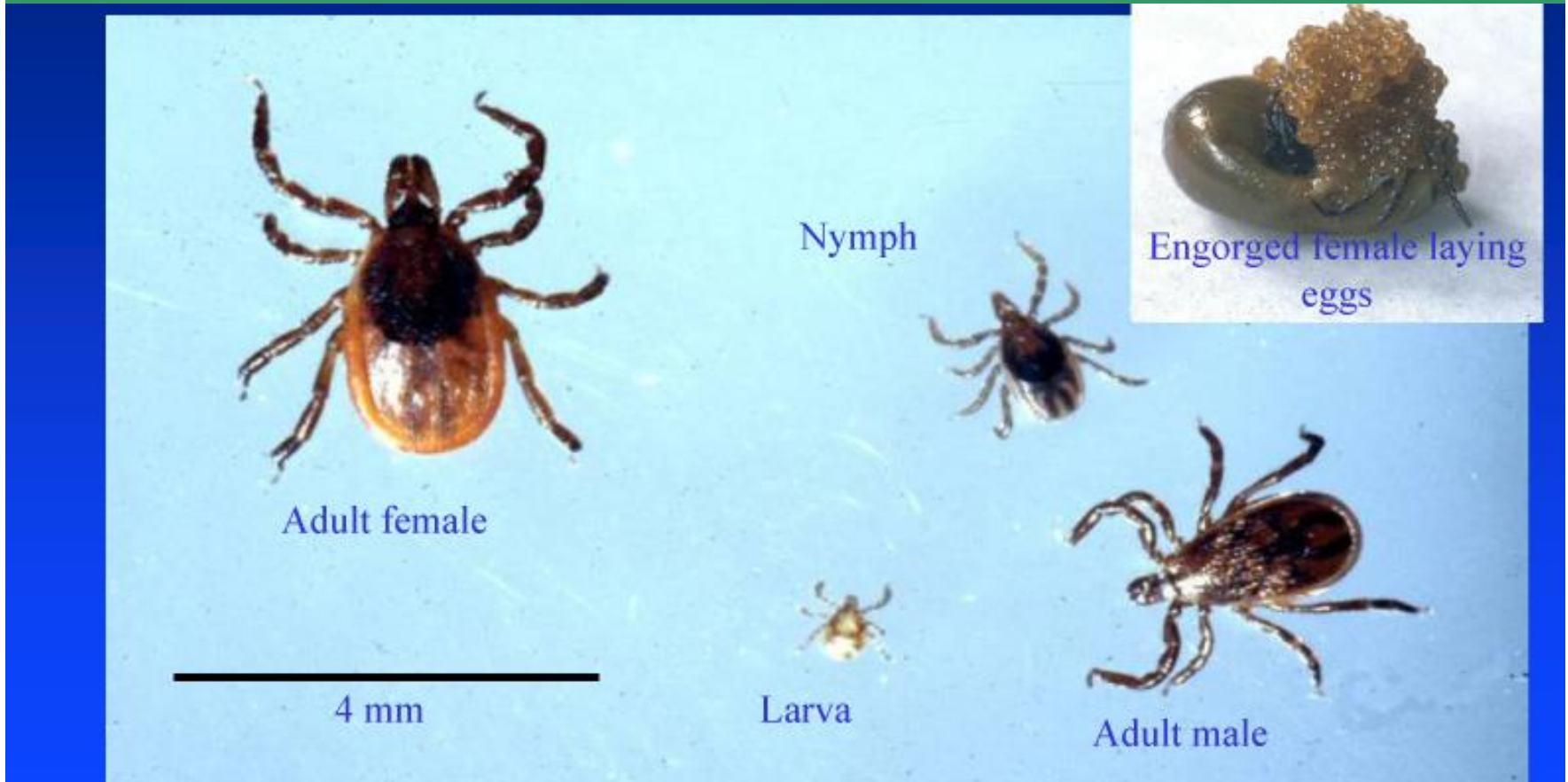
Ticks and Lyme Disease



Know the Bug
Know the Bite
Know What to Do

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Leeds, Grenville Lanark District Health Unit
2018

Ixodes scapularis



Fed versus Unfed



Unfed tick

Fed (engorged) tick

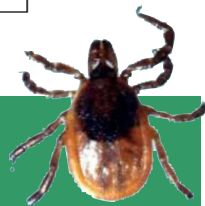
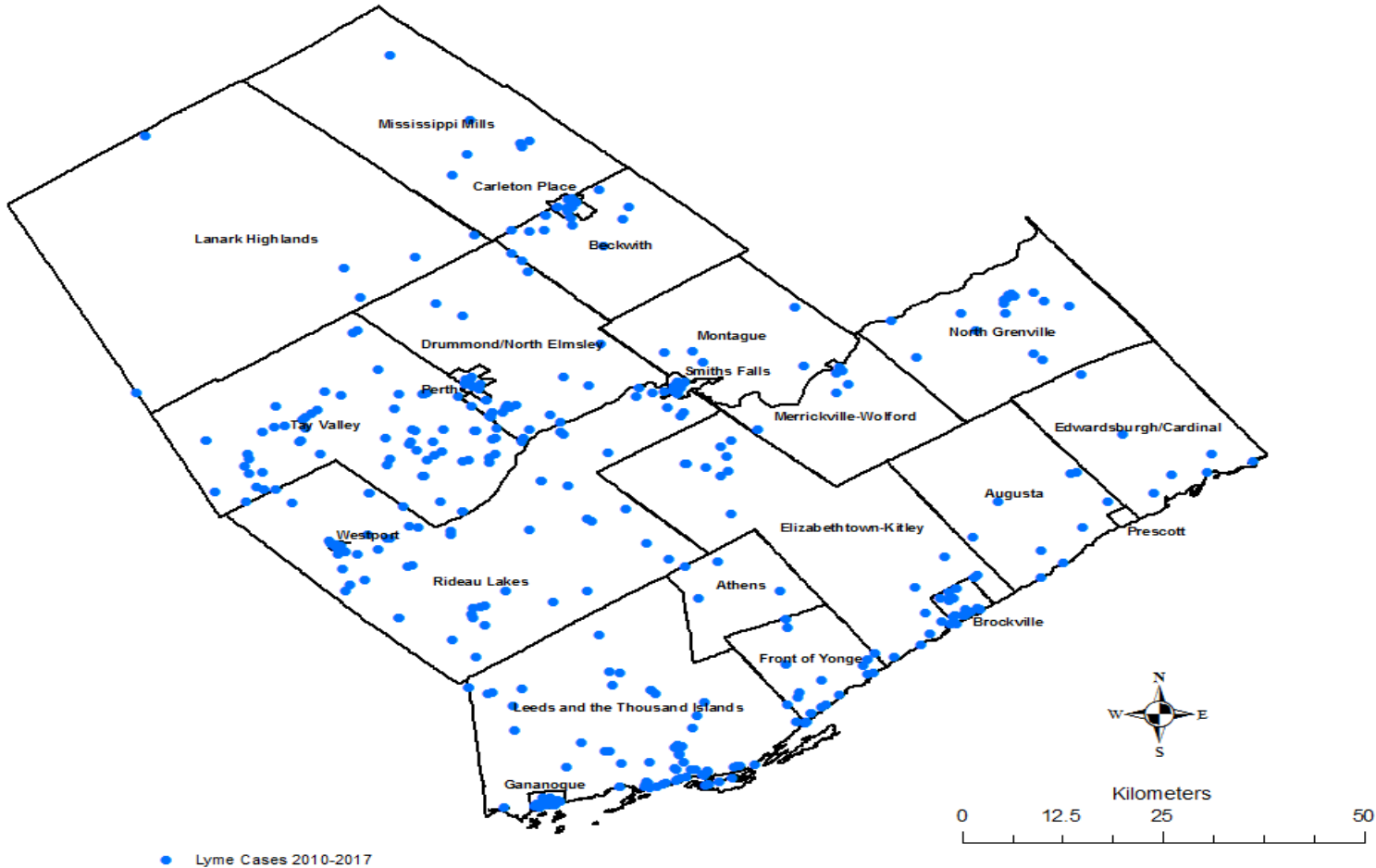


Leeds, Grenville & Lanark District
HEALTH UNIT

Ticks & Lyme Disease

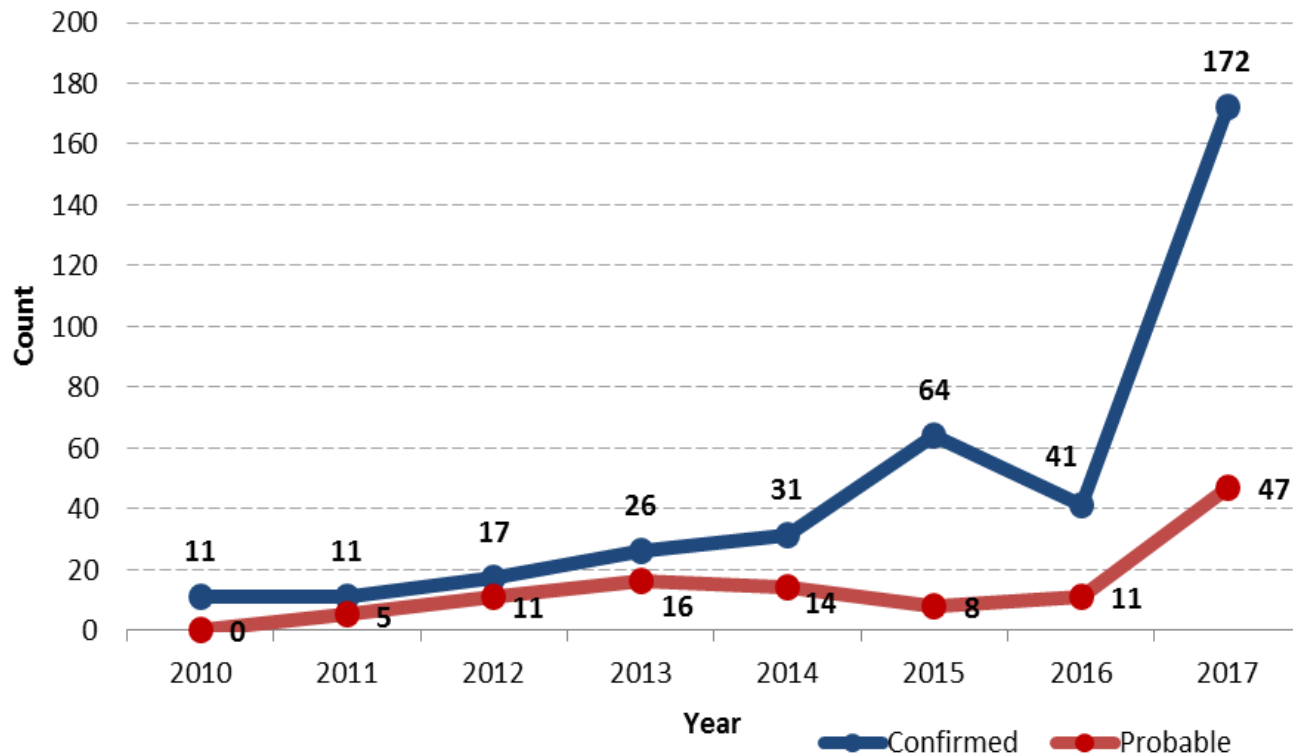


Residence of people diagnosed with Lyme Disease 2010-2017



Statistics for Reported Lyme Disease

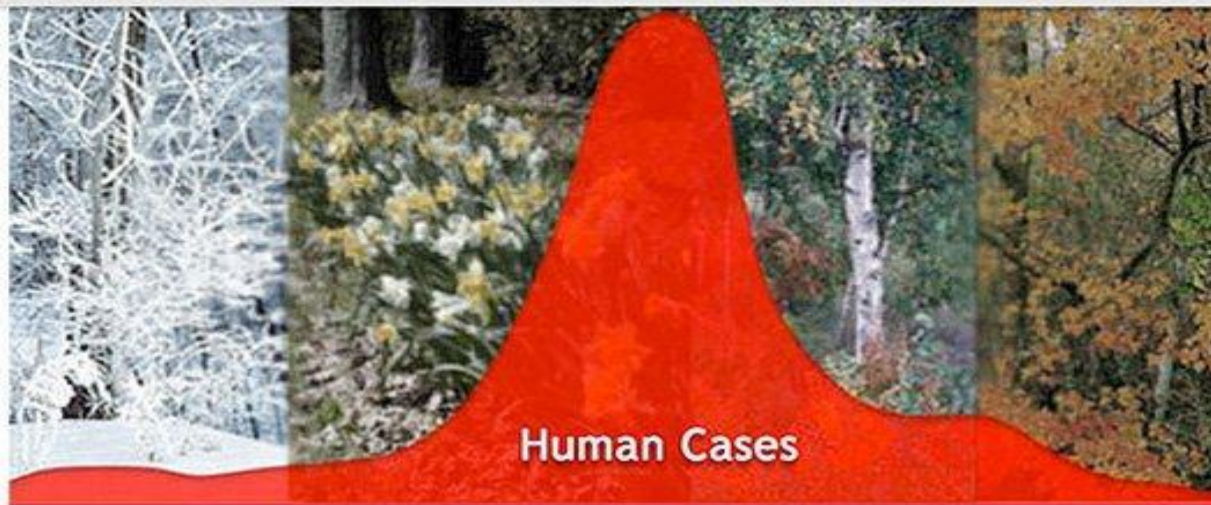
Count of Lyme diagnoses based on case classification
(n = 485) (LGL 2010-2017)



Source: iPHIS 2010-2017. Ontario MOHLTC. Accessed Feb 12, 2018.



Seasonal Pattern Of Lyme Disease Cases



Jan Feb Mar Apr May Jun Jul Aug Sept Oct Nov Dec



Seasonal Activity Of Deer Tick Life Stages



Know What to Do

Protect Yourself from tick bites

- ✓ Tick check
- ✓ Take a quick shower which may help to remove a tick that hasn't attached itself
- ✓ Put clothes in hot drier
- ✓ Check and remove ticks from pets



Know What to Do

If You Spot a Tick

- Don't squeeze the tick or try to burn it off or put anything on it
- Grasp the tick by the head as close to your skin as possible.
- Pull it straight out, gently but firmly.
- Use tweezers or tick twister if possible
- Clean and disinfect the bite area



Initial Symptoms of Lyme Disease

- Appear from three days or as long as a month after the tick bite
- The first sign of infection is usually a circular rash that resembles a bull's eye (not the initial redness resulting from the bite)
- Common symptoms are: fatigue, chills, fever, headache, muscle and joint pain, swollen lymph nodes



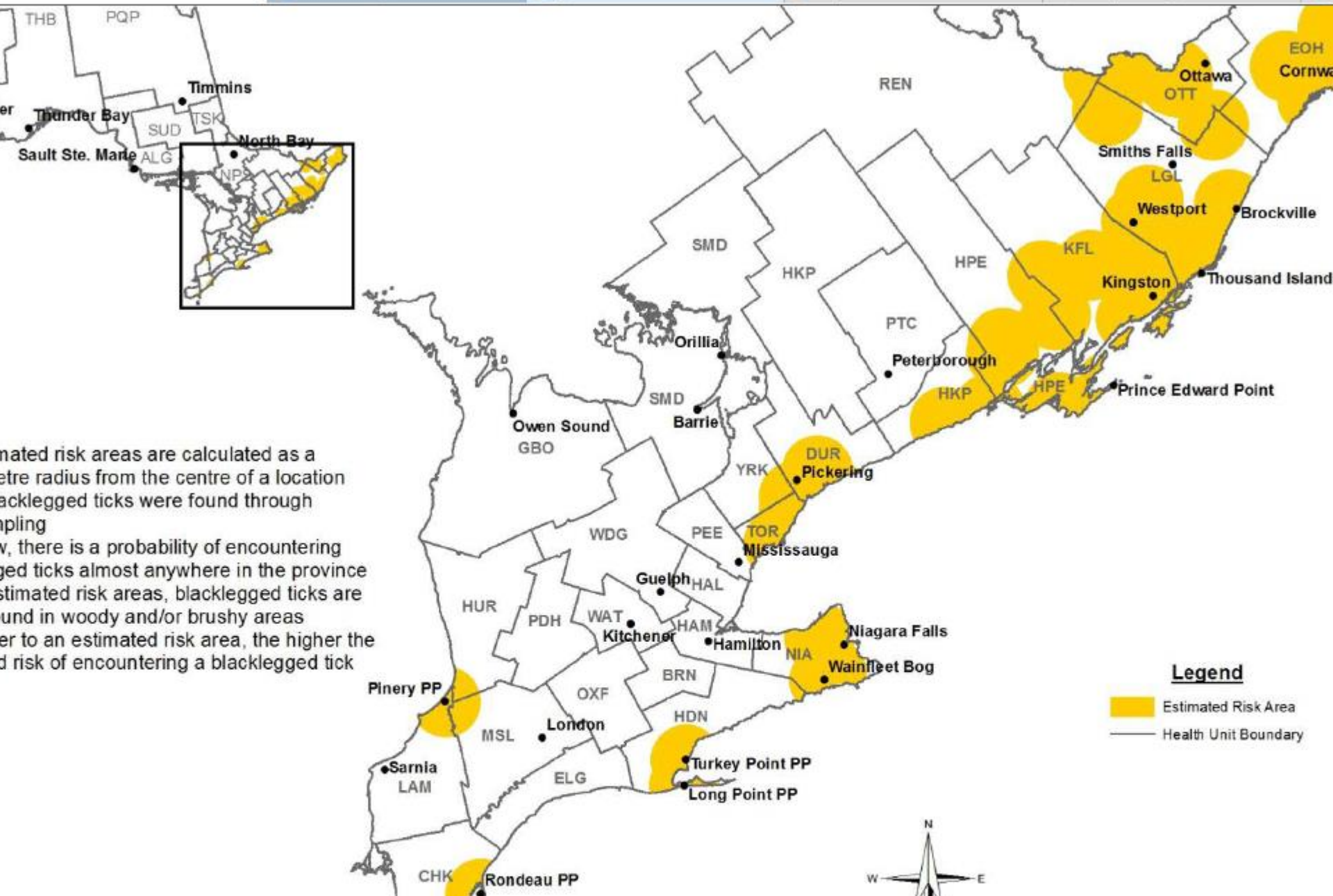
photo by N.Y. Medical College



Reduce Ticks Around Your Home

- Ticks prefer to live in humid, wooded areas.
- Keep the grass in your yard mowed.
- Remove brush and fallen leaves from the edges of your property, especially if your yard is bordered by woods or fields of tall grass.
- A border of gravel or wood chips that creates a physical separation between lawns and wooded areas will help reduce the movement of ticks from their natural habitat into your yard.
- Clean up areas under and around bird feeders, to reduce the attraction of small critters such as mice and voles. These mammals help to transport ticks and are necessary hosts for ticks to complete their life cycle.
- Place children's play structures away from wooded areas to avoid exposure to ticks





Estimated risk areas are calculated as a 10 kilometre radius from the centre of a location where blacklegged ticks were found through sampling. Within these estimated risk areas, there is a probability of encountering blacklegged ticks almost anywhere in the province. However, blacklegged ticks are found in woody and/or brushy areas. The further from an estimated risk area, the higher the risk of encountering a blacklegged tick.



Insect Bites and Diseases

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Ticks

The black-legged tick or deer tick is now commonly found in our area. Some of these ticks carry the bacteria responsible for causing Lyme Disease. Ticks prefer to live in humid, wooded areas. Once temperatures rise above 4°C, ticks become active and begin to look for a blood meal. If an infected tick bites you and remains attached to you for over 24 hours you may be at an increased risk of getting Lyme disease. Lyme disease is preventable. Although the blacklegged tick is our current concern, it is important to know there are many types of ticks that can spread other diseases to people through bites. The Health Unit actively monitors for emerging ticks and tick diseases. The following sections will help you enjoy the outdoors while protecting you and your family from ticks:

+ Reduce Ticks Around Your Home By

- Home Health & Safety
- Insect Bites and Diseases
- Air Quality
- Household Hazards
- Dangerous Weeds
- Exposure to Hot/Cold Temperatures
- Household Pests and Rodents