

Get tick smart

Know the bug.
Know the bite.
Know what to do.

Ticks & Lyme Disease

Lyme disease and the ticks responsible for its spread are established in the area along the St. Lawrence River and potentially throughout the Leeds, Grenville and Lanark Counties.

Look For Ticks

- If you are going hiking or walking in natural areas, wear light coloured clothing, long-sleeved shirts, long pants, socks and shoes.
- Tuck your pants into your socks.
- Ticks are more visible on light colours and harder to attach on clothing.
- **When you return from being outdoors, check yourself for ticks (include armpits, groin, scalp and have someone else check the back of your body).**
- A quick shower may help remove any ticks not yet attached

Remember to protect your pets too, contact your vet!

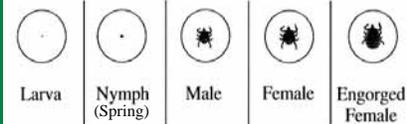
Using an insect repellent with DEET also provides some protection. Follow directions for use.



Photo courtesy of The Public Health Agency of Canada

Recognize Ticks

Approximate size of the Black Legged Tick (Deer Tick)



Check Your Tick



Unfed tick

size exaggerated for illustration



Fed (engorged) tick

If you see a tick on your body that looks like **the unfed tick pictured above**, it means that the tick was probably attached there for less than 24 hours therefore there was not enough time to transfer the bacteria.

If the tick on your body looks like **the fed tick pictured above**, then this indicates that the tick has been attached for a longer period of time and may have transferred the bacteria. Consult your health care provider.

Remove Your 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 if possible.
- Thoroughly clean the bite area (use soap and water or a disinfectant). Make note of the date you removed the tick.



Lyme Disease

- Lyme disease is caused by the bite of a black legged tick infected with the bacteria. **The tick needs to be attached for 24-36 hrs before it is able to transfer the bacteria.**
- A red rash may appear within 3 days to several weeks following the bite; a bulls-eye rash may be present in the area of the bite. You may also have a fever with the rash.
- Symptoms of the disease may include bull's eye rash, fever, headache, fatigue, muscle and joint pain. These may disappear within 10 days. But if left untreated, Lyme disease can progress and affect the nervous system, joints and the heart.
- **If you develop symptoms of Lyme disease, consult your health care provider.**



Photo courtesy of Arun District Council, West Sussex, England

