

## Check Your Tick



size exaggerated  
for illustration



### Unfed 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 for less than 24 hours therefore there was not enough time to transfer the bacteria.

### Fed (engorged) tick

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.



# Let's Target Lyme!

[www.ontario.ca/lyme](http://www.ontario.ca/lyme)

- 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.**

## 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.*

# Get tick smart

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



Photo courtesy of The Public Health Agency of Canada



Leeds, Grenville & Lanark District  
**HEALTH UNIT**  
Your Partner in Public Health

Health ACTION Line  
1-800-660-5853  
[www.healthunit.org](http://www.healthunit.org)  
[contact@healthunit.org](mailto:contact@healthunit.org)  
[www.facebook.com/LGLHealthUnit](https://www.facebook.com/LGLHealthUnit)



# Reduce Ticks Around Your Home

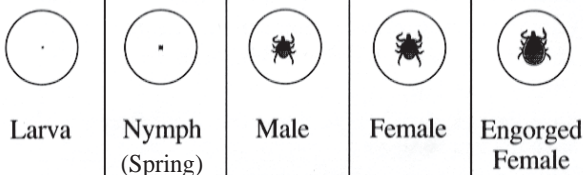
Ticks prefer to live in humid, wooded areas. To help protect your family and pets from contact with ticks there are several actions you can take to make your environment less favourable for ticks.

- 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.

Source: Centre for Disease Control

## LEARN TO RECOGNIZE TICKS

Approximate size of the Black Legged Tick (Deer Tick)



### Protect Yourself Against Lyme Disease\* in Spring, Summer, and Fall



Lyme disease is transmitted by a tiny tick.

Picture courtesy of Parks Canada

# 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.

Photo courtesy of the Public Health Agency of Canada



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

Remember to protect your pets too, contact your vet!