

Don't get TICKED outdoors!

Most ticks in the Thunder Bay district are harmless. However, blacklegged ticks (formerly called deer ticks) have been found in the district. **Blacklegged ticks in our area have tested positive for Lyme disease.** These ticks are active whenever the temperature rises above 4°C, this includes the spring and the fall. The Health Unit recommends the following to prevent tick bites:

1. Protect yourself. Wear long sleeves, tuck pants into socks, wear light coloured clothing so ticks are more easily seen. Follow the directions and use insect repellent containing either DEET or Icaridin (both active ingredients to keep bugs away).

2. Do a tick check before heading indoors (home, camp and tent). Look in areas on the body like the arm pits or at the hairline. Don't forget the family pet; look in and around ears, on the belly and between toes.

3. Remove ticks. Do not try to burn the tick off or use anything to smother it (e.g. Vaseline®). See below to read more about the proper way to remove a tick and what to do with it after removal.

4. Treat the bite. Wash the area with soap and water OR apply rubbing alcohol. If you are concerned about a bite, please see your health care provider.

IDENTIFYING TICKS

Blacklegged Ticks

- Adult male is all black
- Adult female has a reddish/brown body with a black cape

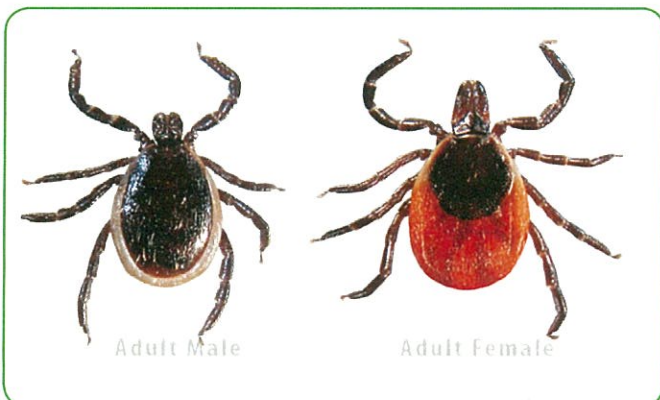


Photo credit: University of Rhode Island TickEncounter Resource Centre

Wood Ticks

- Adult male has a mottled body (cream/brown)
- Adult female has a brown body with a cream coloured cape

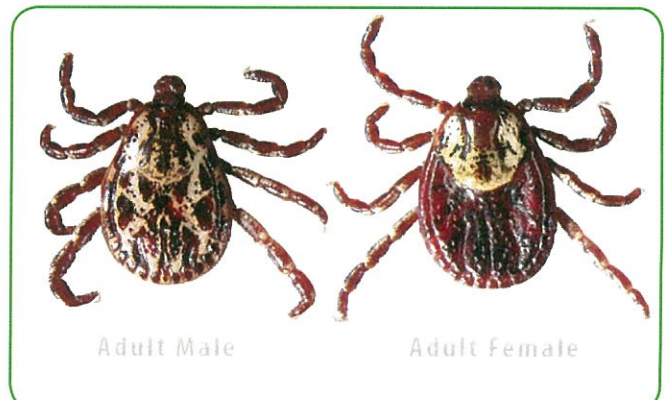


Photo credit: University of Rhode Island TickEncounter Resource Centre

REMOVING TICKS

- Use fine-tipped tweezers to grab the head and mouth as close to the skin as possible.
- Pull up slowly until the tick is completely removed.
- Do not twist or turn.
- Try not to damage the tick so that it can be identified.
- Make sure the whole tick is removed.
- Treat the bite by washing the area with soap and water OR by applying rubbing alcohol.

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SUBMITTING TICKS

- Submit the tick to the Health Unit if you think it's a blacklegged tick or if you are unsure what type of tick it is.
- Put the tick in a clean container.
- Mark the date and location where the tick was picked up.
- Bring it to Health Unit at 999 Balmoral St., Thunder Bay from Monday to Friday, 8:30 am to 4:30 pm. If you live in the district you can drop it off at the nearest Health Unit office.