

# Don't Let a Small Pest Turn into a Big Problem!

Spending time outdoors and on the land is an important part of living Mino Bimaadiziwin (the good life), but so is taking precautions to prevent Lyme Disease. But before you go out, it's important to be aware of ticks and how to prevent Lyme Disease.

## What is Lyme Disease?

Lyme disease is caused by the bacterium *Borrelia burgdorferi*. Black legged ticks, otherwise known as deer ticks, can carry this bacterium and spread it to humans through a bite. Ticks survive by attaching to mammals and feeding on blood.

In spring and summer months most ticks found are immature "nymphs". Nymphs are the size of a poppy seed, which can make them hard to find.

## Prevention

**Ticks live in tall grass, wooded areas and bushes. When spending time in these areas:**

- Use an inspect repellent approved by Health Canada
- Wear long, light coloured clothing with pants tucked into socks, when possible
- Wear permethrin-treated clothing
- Wear closed-toe shoes, when possible



**Afterwards, when coming indoors:**

- Check yourself and pets for ticks
- Remove ticks immediately if found and monitor the bite site for the development of a bullseye rash
- Shower, if you can
- Put clothes in the dryer for ten minutes to kill off any ticks



**To prevent ticks in the area, you can:**

- Trim shrubs, clear out leaf litter
- Mow grasses regularly, when possible
- Store firewood neatly, in a dry area, to deter rodents



## Symptoms

Speak to your health care provider or call 8-1-1 you find a tick attached for >24 hours and/or develop any symptoms.

**Symptoms may appear 3-30 days after a tick bite.**

- Bullseye rash that starts at the site of the tick bite
- Fatigue
- Headache
- Fever/chills
- Swollen lymph nodes
- Decreased appetite

**Later Stages:**

- Facial palsy (loss of tone or feeling on one side of the face)
- Stiff neck
- Numbness/tingling
- Myalgia (muscle pain)

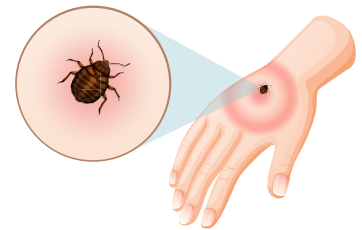
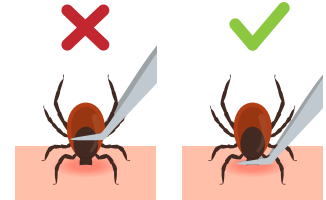
## Found a Tick?

[eTick.ca](http://eTick.ca) – Send a photo to determine if this is a type of tick that may carry disease. eTick will identify and provide any suggested next steps, if needed.

## Tick Removal

Ticks are attracted to warm, moist areas of the body. Common attachment sites include the hairline, behind the ears, groin, armpits, and behind the knees.

1. Using tweezers, grab a hold of the tick close to the skin
2. Pull the tick straight out
3. Do not squeeze, twist, or burn the tick
4. Carefully place the tick in a screw-top bottle or zipper-closed bag
5. Wash the site of the tick bite with soap and water and/or rubbing alcohol
6. Take a picture of the tick
7. Log on to [eTick.ca](http://eTick.ca) to submit the picture and get the tick identified



## Looking for more information?

Visit [LakelandsPH.ca/FightTheBite](http://LakelandsPH.ca/FightTheBite)