

#BeTickSmart

# BE TICK SMART!

Precaution & regular tick checks are key!



## BEFORE YOU GO:

- Wear long pants, long sleeves & long socks
- Wear light coloured clothes
- Tuck pants into socks & shirt into pants
- Braid or tie up long hair
- Use bug Spray with "DEET" or "icaridin" on it ex Deeps Woods Off
- Keep an eye on yourself and friends for ticks.

## AFTER ADVENTURES:

1. **Tick Check.** Check your clothes for ticks. Next, in front of a mirror check for ticks. Pay extra attention to the armpits, belly button, back, inner thighs/groin area, head and behind the ears and knees.

2. **Dry.** Place used clothes in the drier on high heat for a minimum of 10 minutes before washing them. The washer will not kill ticks, if you wash your clothes first, place in the drier for extra time.

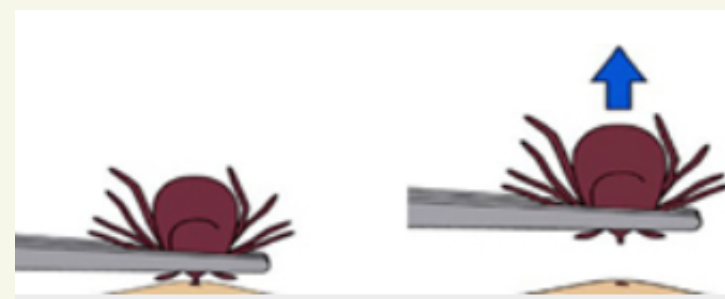
3. **Shower** to wash off any ticks. Is it freckles, dirt or a tick? Using your hands brush upwards covering your whole body. Ticks that have bitten you will remain attached but you will feel their body lift.



## Call

If bit call the Durham Health Connection Line for more information:  
Telephone: 905-668-2020  
Toll-Free: 1-800-841-2729

## WHAT TO DO IF BIT:

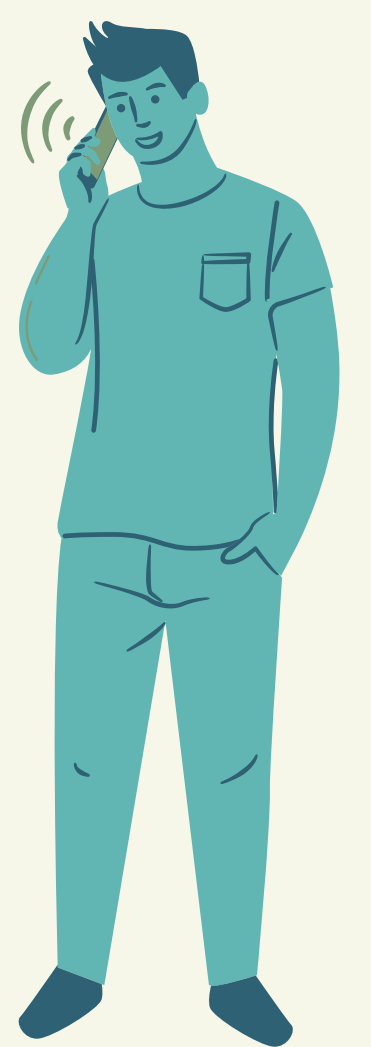


1. **Remove** the tick. Using sterile tweezers grab onto the head of the tick, as close to the skin as possible and pull it straight out. **Do not irritate, burn or crush tick.**

2. **Clean** the affected area with soap and water. Clean the area and your hands with rubbing alcohol or an iodine swab.

3. **Contain** the tick in zipped baggie in a secure container to avoid being crushed. Label with time of removal, the place you likely got the tick and your name. *\*Due to covid 19 the Durham Health Department is not identifying or testing ticks at the moment.*

4. **Identify** the tick using the chart on the page below. If you think you have been bitten by a black legged tick/deer tick (especially if engorged or if it's been on you awhile) consider discussing with your local health care provider medication such as doxycycline. This is a **time sensitive medication** that could help reduce the risk of Lyme disease.



# Tick Resource Sheet

## Identification

Blacklegged Tick (*Ixodes scapularis*)



Lone Star Tick (*Amblyomma americanum*)

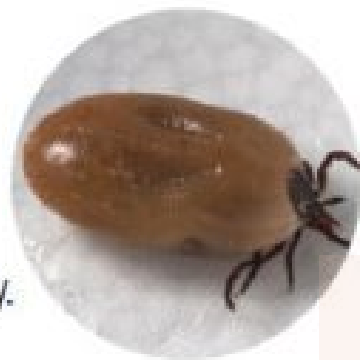


Dog Tick (*Dermacentor variabilis*)

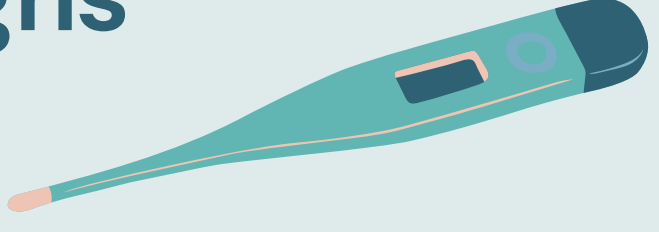


**NOTE:** Relative sizes of several ticks at different life stages.

Engorged female *Ixodes scapularis* tick. Color may vary.



## Lyme Disease Signs / Symptoms



- Typically seen in 3–30 days
  - Expanding skin rash (many people never get to see a rash)
  - Fever
  - Chills
  - Headache
  - Stiff neck
  - Muscle aches and joint pains
  - Fatigue
  - Swollen lymph nodes
  - Spasms, numbness or tingling
  - Facial paralysis

Lyme disease is treatable but best results occur when treated early.

## Resources

[www.cdc.gov/ticks/tickbornediseases/tickID.html](http://www.cdc.gov/ticks/tickbornediseases/tickID.html)  
[www.ontario.ca/page/lyme-disease](http://www.ontario.ca/page/lyme-disease)  
<https://files.ontario.ca/moh-lyme-en-factsheet-2019-11-20.pdf>  
[www.cdc.gov/ticks/tickbornediseases/tick-bite-prophylaxis.html#:~:text=In%20areas%20that%20are%20highly,a%20high%20risk%20tick%20bite.](http://www.cdc.gov/ticks/tickbornediseases/tick-bite-prophylaxis.html#:~:text=In%20areas%20that%20are%20highly,a%20high%20risk%20tick%20bite.)

If you experience any of the above signs after being bit please contact your doctor.

