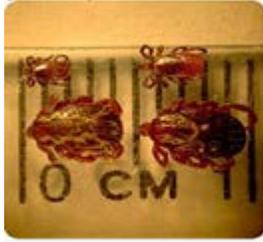


PROTECT YOURSELF FROM TICKS



*Adult American dog (wood) ticks (bottom row) and blacklegged (deer) ticks (top row). ***

- Both types of ticks can carry disease.
- **Wood ticks can transmit a disease called Rocky Mountain Spotted Fever.**
- Typical symptoms of Rocky Mountain Spotted Fever include: fever, headache, abdominal pain, vomiting, and muscle pain. A rash may also develop, but is often absent in the first few days, and in some patients, never develops.
- **Deer ticks are known to carry Lyme Disease.**
- Lyme disease, can cause a rash 3-30 days after a bite from an infected tick. The rash happens in about 8 out of 10 people.
- This is a red expanding skin rash, usually more than five cm (about 2 inches) across. It is not tender or itchy and usually occurs at the site of the tick bite; often the centre clears and it looks like a bull's eye.



- Children who have an organ transplant have lowered immune systems because of the medications they need to take every day.
- This lowering of the immune system might put you at even higher risk for becoming ill from the bite of a wood tick or a deer tick.



WHAT CAN I DO?

More information on Lyme Disease can be found at <http://www.phac-aspc.gc.ca/phn-asp/2013/lyme-0730-eng.php>

• How can I avoid ticks?

- Avoid tall grasses and brush areas.
- When hiking, walk in the center of trails.
- Wear light-colored clothing, and tuck your pants into your socks.
- Use an insect repellent containing DEET. (See pamphlet "Summer is Coming" for more information on strength of DEET to use.)
- If you have pets, check them for ticks.
- Always check yourself for ticks after spending time outdoors.
- If you find any ticks, remove them immediately!

• How can I remove a tick properly?

- Getting as close to the skin as possible, use tweezers to grasp the tick near the head or mouth area.
- Pull firmly, straight away from the body. Do NOT jerk or twist.
Do NOT use alcohol, matches, or petroleum jelly to remove the tick.
- After removal, wash your hands and the bite area with soap and water.
- Apply an antiseptic product to the area after washing.

Remember, infections can happen within 10 hours of a tick bite!

Finally, if you develop any symptoms such as fatigue, fever, or rash following the tick bite, call your doctor!

Get out and enjoy the summer and remember to stay safe and healthy!