



Don't get TICKED outdoors!

Most ticks in the Thunder Bay district are wood (dog) ticks and do not carry Lyme disease. However, blacklegged (deer) ticks have the potential to carry the disease and some ticks submitted locally have tested positive for Lyme disease. These ticks are active whenever the temperature rises above 4°C, including spring, summer and fall.

Prevent the Bite

1. **Cover up.** Protect yourself when you are active outdoors. Wear long sleeves, tuck pants in socks and wear light coloured clothing so ticks are more easily noticed.
2. **Use bug spray.** Follow the directions and use bug spray containing DEET or Icaridin on clothes and exposed skin to keep bugs away.
3. **Check yourself and your pets.** Do a tick check before heading indoors (home, camp, tent). Look in warm, hidden areas on the body including armpits, in and around the hair and ears, between the legs, and the back of the knees. Don't forget the family pet; in and around the ears, on the belly and between the toes.

rev. May 2018

For more information call 625-5900 or toll-free at 1-888-294-6630 or visit TBDHU.COM



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Know the Tick

Ticks can range in size from a poppy seed in the nymph stage to a pea when they are engorged and full of blood. Wood (dog) ticks are larger than blacklegged (deer) ticks. For example, an adult female wood tick is about 0.5 cm long and an adult female blacklegged tick is about 0.3 cm long.

Wood (Dog) Ticks



Adult Male

Cream/brown



Adult Female

Brown body with cream cape

Blacklegged (Deer) Ticks



Adult Male

All black



Adult Female

Reddish/brown body with black cape

Remove the Tick

Ticks bite, draw blood, engorge and then drop off. The tick's mouth will be under the skin, but the head and body will be sticking out. Follow these steps to remove:

- Don't burn off or smother (e.g. with Vaseline®).
- Use fine-tipped tweezers. Grab the head as close to the skin as possible.
- Pull up slowly until the tick is completely removed.
- Do not twist or turn.
- Put it in a clean container and mark the date and geographic location of where the tick was picked up.
- Wash the area with soap and water OR apply rubbing alcohol.
- Monitor the bite. See a health care provider with concerns.

Submit the Tick

If you think it's a blacklegged tick or you are not sure:

- Put the tick in a clean container and mark the date and geographic location of where the tick was picked up.
- Bring it to the Health Unit for identification from Monday to Friday, 8:30 am to 4:30 pm, 999 Balmoral St., Thunder Bay OR in the district you can drop it off at the nearest Health Unit office.
- Wait for a call from the Health Unit. All blacklegged ticks are sent for testing and you will be notified when the results are received.

Photo credit: University of Rhode Island TickEncounter Resource Centre

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