

Don't get TICKED outdoors!

The City of Thunder Bay and immediately surrounding area are now considered a risk area for Lyme disease. More than 30% of blacklegged ticks collected between 2020 and 2022 were infected with Lyme disease bacteria.

These bacteria can be transmitted to humans after a blacklegged tick has fed for 24 or more hours. Most ticks found in the Thunder Bay District are wood ticks and do not carry the Lyme disease bacteria.

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.

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.

Blacklegged (Deer) Ticks

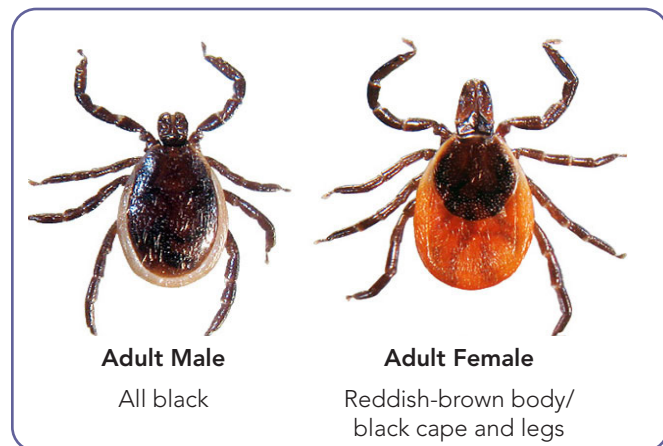


Photo credit: University of Rhode Island TickEncounter Resource Centre

Wood (Dog) Ticks

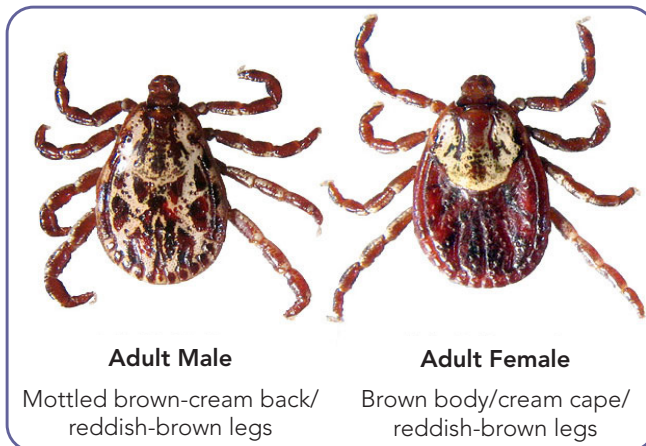


Photo credit: University of Rhode Island TickEncounter Resource Centre

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 for unusual symptoms; see a health care provider if concerned.

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.

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For more information call (807) 625-5900 or toll-free at 1-888-294-6630 or visit [TBDHU.COM/ticks](https://www.tbdu.com/ticks)