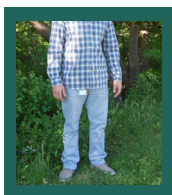


Ticks: What you need to know

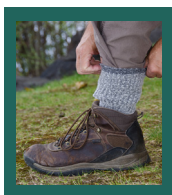
Lyme Disease is an infection resulting from a bite by an infected blacklegged (deer) tick. It is also possible to become infected with other diseases from American dog ticks.



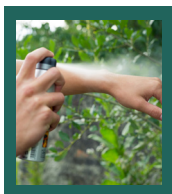
Prevent Ticks



Cover feet, arms and legs with closed-toe shoes, and light-coloured long-sleeved shirts and pants.



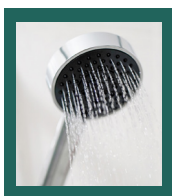
Tuck pant legs into socks.



Apply bug spray with DEET or Icaridin on skin and clothing (put on bug spray after applying sunscreen).



After you get home from the outdoors, check yourself, family members, and pets for ticks right away.



Have a shower or bath within two hours of being outdoors.

Symptoms of Tick-Borne Illnesses

If you feel sick or notice any of the following symptoms after being bitten by a tick, see your doctor and tell them you were bitten.

- Circular red rash around the bite
- Fever
- Chills
- Swollen glands
- Headache
- Diarrhea
- Weakness
- Dry cough
- Joint pain
- Muscle aches
- Stiff neck

Tick Removal

If you find a tick on yourself or a family member, follow these steps:

1. Remove the attached tick with tweezers (grab the tick as close to the skin as possible and pull straight out).
2. Wash your hands and apply antiseptic ointment to the bite area.
3. Write down the date and place where tick was most likely picked up and where on your body it bit you.
4. Take a picture of the tick and submit it to etick.ca for identification by an expert. For more information and how to submit, visit www.etick.ca.
5. If you think you have been infected by a tick, please see a doctor.

For more information, visit www.bchu.org