



Plan:

- What do you need to prevent ticks, and to remove ticks?
- How should you dress for a hike where you might come across ticks?
- Where on your body will you most likely find ticks? How can you find out?
- How should you pull a tick off? How can you find out?

Do:

- Create your Patrol's checklist of habits to prevent or safely deal with ticks.

Review:

- What do you know now that you did not know before?
- Where are you most likely to encounter ticks?
- How can you prevent getting ticks?
- Why is it important to prevent tick bites?

Safety Note:

Why should you practise taking ticks off with tweezers? When a tick bites, it sticks its head right under your skin. If you pull a tick off with your fingers, you can leave its head behind, and this can cause Lyme disease. Pinch the tick just below the neck, and pull slowly and steadily so that its head doesn't come off.

Online Resources:

- Tick attachment and removal
- Symptoms of Lyme disease
- Lyme Disease Ticks Me Off

Canadianpath.ca

Don't Get Ticked!

BRUCE TRAIL
Active & Healthy Living



The Adventure:

Ticks will take advantage of hikers' bad habits to latch on. In your hiking plans, think of ways that you can tick-proof yourself. As a Patrol, create a checklist of all the good habits you should practise on your next hike. For example, wear bright colours. Bright colours will help rescuers find you if you get lost, but it's also helpful when trying to spot ticks on your clothing. What else can you do to stay tick-free on your next adventure?

You can also practise finding and removing ticks, so you're prepared if a real tick gets under your skin.



It starts with Scouts.



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