LYME DISEASE
TICKS ME OFF!

Ticks can be found all across Canada and are increasingly becoming infected with the bacteria Borrelia burgdorferi, also known as Lyme disease. It is important that as Scouts, Scouters and parents we are aware of how to prevent a tick bite from happening and what to do if a bite occurs.

Why are ticks so dangerous?

• Ticks are known for spreading Lyme disease and other vector borne illnesses
• To feed, ticks bury their heads into the skin of a host's body to drink blood

Lyme disease is present in most of Canada. Although Lyme infection is more common in rural areas, residents that live in urban areas are also at risk for infection. (Canlyme.com)

How can I prevent a tick bite and Lyme disease?

• Wear long sleeves and pants
• Pull your socks over your pants so that they can't crawl in!
• Use bug spray that has DEET
• Stick to the trail and cleared areas
• Wear light clothing so they are easier to spot on your body
• When you take a rest, check your clothing and entire body for ticks. Make sure to check all over your head, neck and behind the ears
• Do an extra-thorough check at the end of the day
• Purchase an effective tick remover
• If you have a pet, check them for ticks before they come into the house after being outside

Truth:

Tick Removal
• Use fine-tipped tweezers to grasp the tick close to the skin surface
• Pull upward with steady, even pressure. Try not to twist or jerk!
• Clean the bite area and your hands with rubbing alcohol, an iodine scrub, or soap and water.

What should I do if I find a tick?

If you find a tick, properly remove it as soon as possible. Ticks can stay attached to skin for five or more days. Removing a tick within a few hours can help prevent Lyme disease, but not always. It is recommended that if you are bitten by a tick you seek assistance from a healthcare professional.

Lyme disease Symptoms

If you're experiencing a combination of these symptoms, see your doctor immediately.

Rash
Fever
Headache
Nausea
Jaw pain
Roving sensations
Light sensitivity

Rash
Muscle aches
Fatigue
Dr.difficulty breathing or getting air
Muscle twitching
Body aches
Severe lymph nodes

If you have a tick that you've had to remove, hold on to it. Put the tick in a clean container, and contact your local public health unit. As Lyme disease spreads to more ticks, it is increasingly important that ticks be identified and tested. Do your part to help!