

CHECK WHAT?



Daily Visual Tick Checks

Remember **WHAT** to do when checking your children and pets for ticks:

Waist **Armpits**
Hairline **Toes**

Don't forget to pay special attention to the groin area and behind the knees too.

TICK REMOVAL



Every tick-tock of the clock puts you at risk! Properly remove ticks as soon as possible.

Using tweezers, pull the tick gently but firmly straight up.

Avoid squeezing the tick to prevent bacteria entering the body.

DO NOT burn the tick or use chemicals or liquids on it.

Clean bite site with soap and water.



Visit: www.hamilton.ca/lymedisease or call 905-546-CITY (2489)

TICK TACTICS

Blacklegged Tick (Deer Tick)
Can transmit Lyme disease

Enlarged



Adult Female

Adult Male

Actual Size



Nymph
1 mm - 1.6 mm

Adult
3mm

Engorged Adult
up to 1.2 cm

American Dog Tick
Cannot transmit Lyme disease

Enlarged



Adult Female
5mm

Adult Male
3-6mm

Tick Photos: UHI Tick Encounter Resource Center

www.hamilton.ca/lymedisease

THE TRUTH ABOUT TICKS

Ticks can be found in woodlands, tall grasses and bushes. Ticks are slow and cannot fly so they get around by hitching a ride on people and animals passing by.

In 2018, the City of Hamilton was identified as a Lyme disease risk area. Lyme disease is an infection spread by the bite of an infected tick.

Beware of blacklegged ticks (also known as deer ticks)! These are the only known ticks that can transmit Lyme disease in Ontario.

LYME DISEASE

After a tick bite, you might find a red rash that slowly expands around the bite. Symptoms can appear 3-30 days after a bite from an infected tick.

Other symptoms include:

Fatigue
Stiff neck
Joint pain
Fever
Headache

Seek medical attention immediately if you develop any symptoms of Lyme disease.



Photo: CDC/ James Gathany

PREVENT THE BITE

- Wear light-coloured clothing outdoors. It makes ticks easier to spot.
- Wear long pants, long-sleeved shirts, socks, and closed toe shoes.
- Use an insect repellent containing DEET or Icaridin (DO NOT use on pets).

For information on Lyme disease risk areas visit: www.publichealthontario.ca