

Tick Season is Here! Time to Take Precautions...

An early Spring this year means that the ticks are out earlier than usual. Ticks are small bugs that live on and eat the blood of humans and

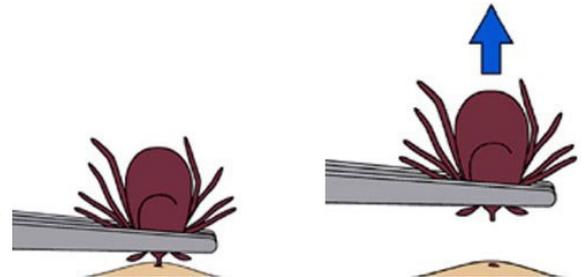
other animals and sometimes may pass on diseases to their hosts. Ticks most often live in tall grass and wooded areas. There are a few precautions that we can take to decrease the risks of getting a tick.



- After walking in the woods or playing outdoors in grassy areas, make sure that a tick check is done on yourself, your children and your pets
- Cover yourself up. Wear a long sleeved shirt, a hat and long pants in light colours (light colours makes it easier to see ticks on your clothing)
- Tuck your pant legs into your socks or boots
- Use insect repellent with DEET on uncovered skin

How to Remove a Tick

1. **DON'T PANIC!** If you find a tick on yourself or your child they're generally easily removed
2. Use fine-tipped tweezers to grasp the tick as close to the skin's surface as possible
3. Pull upward with steady, even pressure. Don't twist or jerk the tick; this can cause the mouth-parts to break off and remain in the skin. If this happens, remove the mouth-parts with tweezers. If you are unable to remove the mouth easily with clean tweezers, leave it alone and let the skin heal.
4. After removing the tick, thoroughly clean the bite area and your hands with rubbing alcohol, an iodine scrub, or soap and water.
5. Dispose of a live tick by submersing it in alcohol, placing it in a sealed bag/container, wrapping it tightly in tape, or flushing it down the toilet. Never crush a tick with your fingers



What About Lyme Disease?

The most common type of tick in the Cariboo is the Wood Tick which does not carry the Lyme Disease bacteria. The wood Tick can carry other diseases such as Rocky Mountain Spotted Fever, although it is very rare.



Lyme disease-carrying ticks are more common in the coastal areas of B.C. A common sign of a Lyme disease tick bite is a bullseye type rash at the site. Ticks also have toxins that can cause temporary muscle weakness and paralysis if they are attached for several days, especially in children or seniors, but the symptoms fade once the tick is removed from the skin. The signs of many tick-borne infections can be quite similar and include fever, headache, muscle pain, and rash.

If you have any questions or want more information about ticks, please call or visit your Community Health Nurse:



Three Corners
250-398-9814

Sugar Cane
250-296-3532

Soda Creek
250-989-2355

Canoe Creek
250-459-7749

Dog Creek
250-440-5822