

WHAT TO DO IF YOU ENCOUNTER A TICK....

How to remove a tick

Removing a tick is the same for humans and animals. Follow these steps to remove ticks:

- If the tick is attached to you, use fine-tipped tweezers or tick removal tool to grasp the tick as close to your skin as possible. **Do not use your fingers.**
- Pull the tick straight out, gently but firmly making sure to remove the entire tick (including the head). **Don't squeeze it – avoid crushing the tick's body.**
- After removing the tick, place it in a secure container, such as a screw-top bottle used for medication.
- **Give the tick to Steve at the Health Centre**
- Thoroughly clean the bite site with rubbing alcohol and/or soap and water.

How not to remove a tick

- Always remove attached ticks with tweezers. Be sure not to:
 - Burn the tick
 - Smother the tick in petroleum jelly, nail polish, gasoline or rubbing alcohol

Know the risk

- Not all ticks carry Lyme disease. A tick must be infected by the bacteria causing Lyme disease in order to pass it on to you.
- While the probability is low, it's possible to encounter an infected tick almost anywhere in Ontario
- Ticks are most active in the summer months, but can be found at any time of the year when the temperature is above freezing.

Any ticks found should be given to Steve at the Health Centre so it can be sent away for analysis. If you have any questions do not hesitate to call.

Pick up or drop off can be arranged by calling the Health Centre at

(705) 657-2557

