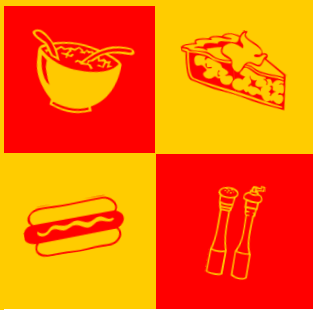


Safetyology 101

August, 2023



Don't Be A Tick Magnet!

Ahh, summer! Warm temperatures, sunshine and.....ticks! Of the hundreds of species of ticks found throughout the world, fewer than 60 are known to bite and spread disease to humans! Ticks fall into two families, hard and soft. Both categories flourish throughout North America, though the most commonly occurring types in Canada are hard ticks.

Ticks live outdoors in areas such as grass, trees, shrubs and leaf piles.

They are attracted to us and our four-legged pets, and can move between us with ease. If you've spent any time outdoors, you've likely encountered ticks at some point.

Ticks prefer warm, moist areas of your body. According to the Centers for Disease Control and Prevention (CDC), once a tick gets on your body, it's likely to migrate to the following areas:

- *armpits*
- *groin*
- *hair*
- *back of your knees*
- *inside your belly button*
- *around your waist*
- *inside and around*

your ears

However, ticks don't always migrate. If you've been in a situation where you might have gotten a tick bite, be sure to check your entire body.

When a tick reaches a desirable spot, it bites into your skin and begins drawing blood. Unlike most other bugs that bite, ticks typically remain attached to your body after they bite you.

Peak tick season in Canada usually occurs during the spring and summer months, while adults are a threat in the late fall. They are usually found in wooded areas that provide ample shade or in areas overgrown with tall grasses. Certain species of ticks are known to transmit harmful diseases, including Lyme disease, to both humans and domesticated animals.

Lyme disease is a serious illness. Symptoms range from little or no effects to recurring arthritis, numbness or paralysis, and problems with the nervous system. When left untreated, Lyme disease symptoms can persist for years and may even result in death, though fatalities are rare. Seeking immediate medical

attention and receiving a dose of oral antibiotics is usually enough to treat Lyme disease.



Ticks prefer warm, moist areas of your body!

Removing attached ticks as soon as possible reduces the chance of infection. If you find an attached tick, follow these instructions to remove it:

- Use clean, fine-point tweezers to grasp the head as close to the skin as possible and slowly pull straight out.
- Try not to twist or squeeze the tick. Ticks firmly attach their mouthparts into the skin requiring slow but firm traction to remove them.
- If the mouthparts break off and remain in the skin, remove them with the tweezers. If you're unable to remove them easily, leave them alone and let the skin heal.
- Wash the bite area with soap and water or an alcohol-based

sanitizer.

Do not try to remove the tick by:

- *burning it*
- *smothering it with:*
- *nail polish*
- *essential oils*
- *petroleum jelly*
- *nail polish remover*

This can cause the tick to release its stomach contents, which can be infected, into the bite area. This can increase your chance of infection.

Visit your health care provider as soon as possible if:

- *you're not comfortable with removing a tick*
- *you can't remove the tick because it has buried itself deep into your skin*
- *you have symptoms of Lyme disease, aren't feeling well or have concerns after being bitten by a tick*

Knowing the hazards and taking simple precautions will ensure that you can fully enjoy this summer season!

