Tick Talk

It's a great time of year to start enjoying time outside. When outside, it is important to be careful in long grass, wooded or shrub covered areas where there may be blacklegged ticks (also called deer ticks). These are very small ticks - sometimes as small as the period at the end of this sentence. These ticks can carry the germ that causes a bacterial infection called Lyme disease.

Deer ticks	Bulls -eye rash	Tick habitat	Prevent tick bites

Help protect yourself and your family whenever you enjoy the outdoors by:
- Applying insect repellents containing DEET or Icaridin to exposed skin and clothes.
- Wearing light colored long sleeved shirts and pants, closed shoes, and tucking pant legs into socks.
- Keeping lawns mowed short.
- Putting playground equipment in sunny, dry places away from wooded areas, yard edges, and trees.
- Checking your whole body for ticks and, when possible, taking a bath or shower within two hours of coming indoors. This makes it easier to find ticks.

Tick checks can help prevent Lyme disease. If the tick carries the bacteria, it can only pass Lyme disease to a human or animal after it has filled itself with blood. This takes 24 hours. Removing the tick as soon as possible may help to stop the spread of Lyme disease into the body.

Lyme disease can be treated with antibiotics. The earliest and most common symptom of Lyme disease is a bulls-eye rash at the site of the bite. You may also develop flu-like symptoms, such as fever, headaches, tiredness, stiff neck, pain and swelling in the joints, and aches and pains all over your body. Symptoms may appear in stages and may appear over a period of months. If you have these symptoms after a tick bite, contact your healthcare provider.

- For a great video for kids and for more information on Lyme disease, visit http://www.novascotia.ca/hpp/cdpc/lyme.asp and contact your local Public Health office.

- For ideas on landscape management around parks, buildings and homes, visit http://novascotia.ca/dhw/CDPC/documents/Landscape-Management-Handbook.pdf

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