



## Tick Bites & Lyme Disease

### Fight the Bite: Tick Bite Management

#### TICKS AND LYME DISEASE

##### What is Lyme disease?

Lyme disease is an infection that you can get if you are bitten by an infected deer tick. In most cases, the infected tick **must attach and feed on you for at least 24 hours** for the bacteria to spread to you. The risk of developing Lyme disease following a tick bite by an infected tick is between **1% and 3%**.

Most humans are infected through the bite of immature ticks that are about the size of a poppy seed, called nymphs. Adult ticks are about the size of a sesame seed, and they can also spread Lyme disease.

There are **two types of ticks** that can spread Lyme disease in Canada:

- **Blacklegged tick** or **deer tick** (*Ixodes scapularis*) in southeastern and south-central regions of Canada
- **Western blacklegged tick** (*Ixodes pacificus*) in BC

##### What are the symptoms of Lyme disease?

If you are infected with Lyme disease, the **symptoms usually start 3 - 30 days after the tick bite** and may include:

- **Rash** (may look like a bulls-eye). A rash appears in 60 -80% of infected people.
- **Fever, tiredness, decreased appetite, body aches, headache, mild stiff neck.**

##### What kind of tick was attached to me?

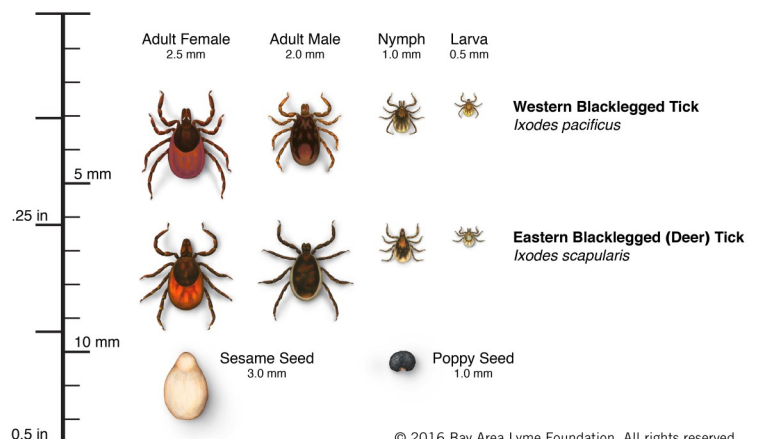
Blacklegged ticks are most often found in wooded or forested areas, in leaf litter or on shrubs and tall grass.

If you are not sure what type of tick bit you, you can bring your tick to the health unit or visit [www.etick.ca](http://www.etick.ca)

Southwestern Public Health accepts ticks that were attached to humans only.

Tick test results may take weeks. The health unit will call with results once available. Note: The purpose of tick testing is to monitor local tick populations not manage human health.

**If you have concerns about your health, talk to your health care provider right away. Lyme disease can be diagnosed and treated without the tick results. See next page for more information.**



## PROTECT YOURSELF FROM TICK BITES

Did you know that ticks begin biting as soon as the snow melts and until the next snowfall! You are most at risk for a tick bite when temperatures are between 4-10<sup>o</sup> Celsius.

- Wear light coloured long-sleeves, and pants tucked into your socks, and closed toe shoes.
- Use bug spray containing DEET.
- Check yourself, your pets and others for ticks after you've been outdoors. Don't forget to check the hard to see areas (behind the ears, in the creases etc.).
- Keep your yard free of leaf litter and keep the bushy and grassy areas pruned.

## LYME DISEASE RISK AREAS

- There are Lyme disease risk areas throughout Ontario and Canada. To learn more about the Lyme disease risk areas in Canada, the United States and Europe, visit:
  - \* Ontario: [www.publichealthontario.ca/en/diseases-and-conditions/infectious-diseases/vector-borne-zoonotic-diseases/lyme-disease](http://www.publichealthontario.ca/en/diseases-and-conditions/infectious-diseases/vector-borne-zoonotic-diseases/lyme-disease)
  - \* Canada: [www.canada.ca/en/public-health/services/diseases/lyme-disease/risk-lyme-disease.html#map](http://www.canada.ca/en/public-health/services/diseases/lyme-disease/risk-lyme-disease.html#map)
  - \* United States: [www.cdc.gov/lyme/stats/maps.html](http://www.cdc.gov/lyme/stats/maps.html)
- \* In Europe, the areas of highest risk are in Central and Eastern Europe, but infected ticks have also been found in Southern Scandinavia and up to the northern Mediterranean region.



Ontario Lyme Disease Map 2022  
Estimated Risk Areas

