

*Image courtesy of
Public Health
Agency of Canada*
**Black-legged
Tick**
(top)

**American Dog
Tick**
(bottom)

Ticks

- Ticks are very small. They vary in size and colour depending on their age and whether they have been feeding. Ticks must feed on blood from an animal or person to live. They feed by inserting their mouth into the skin of a person or animal.
- Not all ticks carry Lyme disease. The American dog tick, which is the most common tick found in Lambton County, does not carry Lyme disease. The blacklegged tick, which is not commonly found in Lambton, can spread the Lyme disease bacteria to humans.

Preventing tick bites

- When walking outdoors, stick to the trails and avoid direct contact with plant growth.
- Wear light-coloured clothing - it makes ticks easier to spot.
- Wear long pants, a long-sleeved shirt, socks, closed-toed shoes and a hat. Tuck your shirt in your pants and pants in your socks.
- Do a tick check on yourself, your family and your pets after being outdoors. Pay extra attention to scalp, groin and armpits.

Removing ticks

Remove any ticks that you find on the skin or clothing promptly. Ticks are most likely to spread the bacteria after being attached to your skin and feeding for more than 24 hours.

- NEVER use a match, heat or chemicals to remove a tick.
- Do not kill the tick before it is removed.
- Remove the tick using tweezers. Grab the tick's head as close to the skin as possible, pulling it straight out with steady pressure. Do not twist the tick or it may break off in the skin.
- Clean and disinfect the bite area.

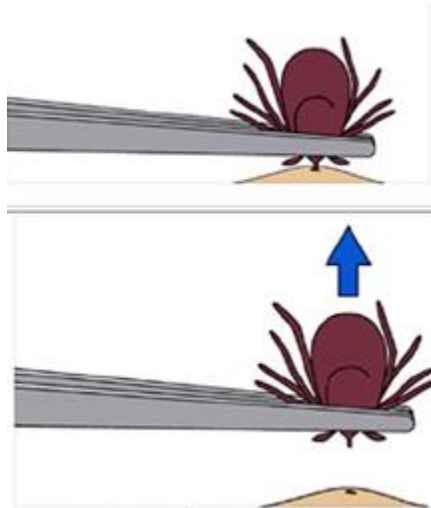


Image courtesy of Centers for Disease Control and Prevention

Submitting ticks for identification

Save the tick alive in a jar, screw-top bottle or doubled zip-lock bag. Bring it to Lambton Public Health for identification.

Please note: only ticks found on humans or human related cases will be submitted for identification as of April 2009.