

## TICK HABITAT

Many people think ticks are only present in the woods. However, ticks can be found in many areas:

- On cut/raked lawns;
- Golf courses & sports fields;
- City parks, playgrounds & dog parks;
- Flower beds and vegetable gardens;
- Under ground cover (plants) in yards;
- Around bird feeders;
- Where woods/fields meet lawn;
- Wooded areas;
- Tall brush/grass; Under leaves;
- Around stone walls and woodpiles where mice, sparrows & other small mammals frequent..

Migratory birds, including song birds, widely disperse Lyme disease-carrying ticks across Canada. A person does not have to visit an endemic area to contract Lyme disease or other TBD's.

- Ticks can be varying sizes depending on species, growth stage and whether they have fed or not.
- Each year, Female ticks will lay anywhere from 500 to 20,000 eggs (depending on the species).
- Prevention is critical, use repellent! Choose one containing 20% Picaridin (aka Icaridin) on skin and clothing or 30% DEET on skin when you go outdoors.
- Wear long pants, long sleeves and long socks.
- Tuck pant legs into socks or boots and tuck shirts into pants to keep ticks on the outside of your clothing.
- Light-colored clothing will help you spot ticks more easily.
- Always perform tick checks on yourself, your family members and your pets after spending time outside.
- Immediately put your clothing in the dryer, on high heat, for a minimum of 30 minutes to kill any ticks that may be on them.



## DO A DAILY TICK CHECK

Shower time is a great time to feel for bumps and look for tiny brown spots, especially in these areas:

- ✓ Scalp & neck
- ✓ Ears
- ✓ Back
- ✓ Underarms
- ✓ Belly button
- ✓ Waist & hips
- ✓ Pelvic area & between legs
- ✓ Behind knees



## CORRECT TICK REMOVAL



- Use fine-tipped tweezers to grasp the tick as close to the skin's surface as possible.
- Pull upward with steady, even pressure.
- After removing the tick, thoroughly clean the bite area, tweezers and your hands with antiseptic wipes, an iodine scrub, or soap and water.
- If possible, seal the tick in a container & save for testing. Ticks can be sent to a provincial lab or to a private lab. Please contact us for details..



[support.prevent.educate](http://support.prevent.educate)

\*SUPPORT GROUP

\*LYME DISEASE &  
TICK-BORNE DISEASES (TBD'S)  
INFORMATION

\*TICK AWARENESS EVENTS

For further information  
or to make a donation,  
please contact us at

[lymereddeer@gmail.com](mailto:lymereddeer@gmail.com)

(Website is under construction)

## WHAT IS LYME DISEASE

**Lyme disease** is caused by a spiral-shaped bacteria, *Borrelia burgdorferi* (Bb). It is usually transmitted by the bite of an infected tick.

**Lyme and other TBD's** are on the rise and prevention should be on everyone's mind, particularly during the spring, summer, and fall when ticks are most active.

\*Note: ticks can be active 12 months of the year!

It's especially important to take steps to protect yourself and your loved ones (including pets) from ticks during this season, as well as any time when you're outside.

Tick bites can result in transmission of multiple bacteria, protozoans, rickettsias and even viruses.

**Lyme disease and other TBD's** can mimic other diseases and are commonly misdiagnosed as:

Chronic Fatigue Syndrome  
Colitis  
Crohn's disease  
Early ALS  
Early Alzheimers disease  
Encephalitis  
Fibromyalgia  
Fifth's disease  
Gastroesophageal Reflux disease  
Infectious Arthritis  
Interstitial Cystis  
Irritable Bowel Syndrome  
Juvenile Arthritis  
Lupus  
Ménière's disease  
Multiple Sclerosis  
Osteoarthritis  
Prostatitis  
Psoriatic Arthritis  
Psychiatric disorders (bipolar, depression, etc.)  
Raynaud's Syndrome  
Reactive Arthritis  
Rheumatoid Arthritis  
Scleroderma  
Sjogren's Syndrome  
Sleep disorders  
Thyroid disease  
and various other illnesses

## SIGNS & SYMPTOMS

When an infected tick bites, it can sometimes leave a rash known as an EM (Erythema migrans rash). These rashes can be any size and take on many forms

**\*Over 50% of people bitten by an infected tick will develop no rash at all**

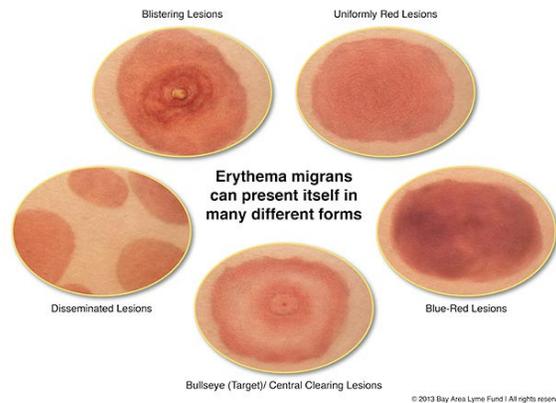
**\*Many people who become ill do not even remember seeing a tick**

Early Lyme disease may present as a "summertime flu" producing:

- fever
- fatigue
- muscle or joint pain
- headache
- with or without an EM rash
- Some people may notice areas of numbness or tingling that can move from one area to another.

**Canadian lab tests for Lyme disease are unreliable and insensitive, missing a substantial number of actual cases**

**Negative test results do not rule out Lyme disease or other TBD's**



Many tick borne diseases can be treated effectively if caught early.

If Lyme disease symptoms appear after a bite (whether or not it was treated) call a doctor right away. Prompt treatment is important for full recovery.

## TICK-BORNE DISEASES

Ticks often carry multiple bacteria, viruses and parasites that can be transmitted individually or along with Lyme disease bacteria. It is not unusual to get more than one infection from a single tick bite. Potential diseases include:

- Anaplasmosis
- Babesiosis
- Bartonella
- Borrelia (over 300 strains) Lyme disease
- Bourbon Virus
- Colorado tick fever
- Ehrlichiosis
- Heartland Virus
- Meat Allergy/alpha-gal
- Mycoplasma
- Morgellons
- Pacific Coast tick fever
- Parvovirus B19
- Powassan (POW)
- Protomyxzoa Rhuematica
- Rickettsia parkeri Rickettsiosis
- Rocky Mountain Spotted Fever
- STARI
- Tick paralysis
- Tick-borne meningoencephalitis
- Tularemia
- Q Fever

Some of these diseases do not respond to the antibiotics commonly used to treat Lyme disease. Each infection must be appropriately treated in order for a person to get well.

Any outdoor activity increases your exposure to ticks and the transmissible diseases they may be carrying.

Be prepared with your own **tick removal kit**, small enough to put in your purse, backpack or golf bag, and right there when you need it.

**Be tick smart and be prepared**  
**Get your kit today**

**CALS** offers a support group for all those who are affected by Lyme and TBD's. We meet on the last Thursday of every month (except July & August), at the MAG in Red Deer, Alberta., from 6:30 pm - 8:30 pm. Please email us for further details @ [lymereddeer@gmail.com](mailto:lymereddeer@gmail.com)