



Ticks

Brief

- ⊙ Ticks are a common type of mite and belong to the arachnids. There are more than 20 species in BC. The most common one on Vancouver Island is the western black-legged tick.
- ⊙ The tick can transmit diseases with its bite. We live in a Lyme disease risk area. See map on <https://maps.bccdc.ca/Lyme/>
- ⊙ Ticks do not fall from trees. They live in the grass and the undergrowth of the forest (up to about 5 feet). They wait for a bypassing host like a dog or a human and hold on to their skin.
- ⊙ The most tick bites occur during spring and summer. Some people hardly get any ticks while others get bothered by them.



How to prevent tick bites

- ⊙ By covering the body with clothe we give the tick a harder time to find a way to our skin. Tuck the shirt into your pans, your pans into your shoes and wear socks.
- ⊙ There are sprays which can help to stay safe from tick bites as well.
- ⊙ Carefully check for ticks after each visit to the Outdoor. Common areas for the ticks to hang out on our body are warm places; around the neck, the armpits or between the legs. If you see a tick on your body, remove it immediately.
- ⊙ There are also very small ticks, take a very close look.

How to remove a tick

- ⊙ Sucking ticks are removed by grasping them directly above the skin with fine tweezers. Pull them out with a continuous pull as soon as possible after you see them on your body.
- ⊙ The tick should be removed as completely as possible without squeezing it. Do not use oil or anything similar to remove it. This could cause the tick to throw up, which would result in greater transmission.
- ⊙ A tick must remain attached to the skin for 8 to 24 hours in order to release the Lyme Disease into the human bloodstream. This means the quicker the tick can be removed, the lower the risk of infection.
- ⊙ If possible disinfect the bite after removal.
- ⊙ Wash the tick down the sink.

For more information about ticks and the Lyme disease check out the following website:

<https://www2.gov.bc.ca/gov/content/industry/agriculture-seafood/animals-and-crops/plant-health/insects-and-plant-diseases/home-garden/ticks>