

2017 Community Bulletin: Lyme disease



Algoma
PUBLIC HEALTH
Santé publique Algoma

- Lyme disease is an infection that is spread by blacklegged ticks (also called deer ticks). You can get Lyme disease if you are bitten by an infected tick. Not all blacklegged ticks carry Lyme disease.
- A tick needs to be attached/burrowed in your skin for 24 hours to transmit the disease.
- With climate change, Lyme disease is becoming more common in Ontario.
- Algoma Public Health (APH) collects ticks to check if blacklegged ticks found in the Algoma district carry Lyme disease. In 2016, we had one tick test positive for this disease.
- APH investigates all reported human cases of Lyme disease and provides information on testing and treatment to healthcare providers.



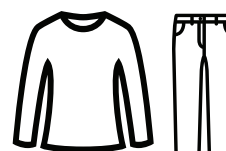
Protect yourself from Lyme disease



Search for ticks on your body after time in grassy areas



Wear closed footwear and socks



Cover skin with light coloured clothes



Use insect repellent with "DEET"

How to remove a tick

1. Use fine-tipped tweezers to grasp the tick as close to the skin's surface as possible.
2. Pull the tick straight out, gently but firmly making sure to remove the entire tick (including the head). Don't squeeze it – avoid crushing the tick's body.
3. After removing the tick, clean the bite area and your hands with rubbing alcohol and/or soap and water.

What to do with a removed tick

1. Place in a secure container, such as a screw-top medication bottle
2. Bring the tick to your local APH office or health care professional for testing.