

Tick bites

Ticks can feed on mammals, birds and reptiles, including domestic animals and humans. While ticks can bite at any time of year, they are most active between spring and fall, when it is warm. They are more commonly found in woods and rural areas, on the ground and in grass, and are also present in farms, stables, kennels and in urban parks and gardens.

How do they affect us?

When a tick bites, it stays attached to the site of the bite. Most do not hurt and produce no symptoms or cause only a small reddish rash. However, some ticks can be infected and carry diseases. In our country, the risk of infection is low, so the bite usually does not require preventive antibiotic treatment.

How to prevent tick bites

- Wear long-sleeved shirts and long pants. Wear light-colored clothes, which makes it easier to see if any ticks are attached.
- Wear closed shoes and tuck your pants into your socks.
- You can use approved tick repellents on exposed skin. Follow all directions on the label in relation to age, duration of protection and the frequency of application. Avoid direct contact with hands, eyes and mouth and do not apply to cuts, wounds or broken skin.
- When walking your dog, use a veterinary approved topical tick prevention.
- Walk along trails and avoid thick vegetation or tall grass.
- When you return from your walk, thoroughly check your entire body for ticks:



head, neck, armpits, groin, behind knees, ears, bellybutton, waist, etc.

- Shower within two hours of coming indoors to reduce the risk of getting tick-borne diseases.
- Check your pets as well as any backpacks, jackets, leashes, etc. for ticks.

What should I do about a tick bite?

Remove the tick as soon as possible.

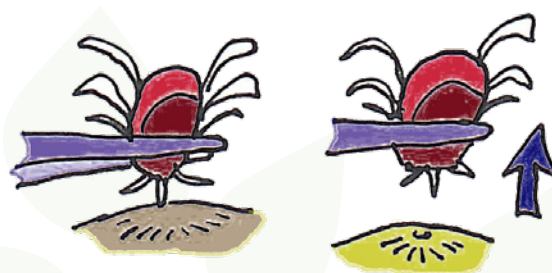
Avoid folk remedies, such as oil, alcohol, petroleum jelly, gasoline or heat.

Use fine-tipped tweezers. Firmly grasp the tick by the head, as close to the skin as possible, and gently pull upward, not forcibly but with steady, even pressure. Do not twist or jerk the tick.

Be careful not to crush, cut or break it.

Thoroughly clean the bite area with soap and water and use an antiseptic (povidone-iodine, chlorhexidine, alcohol, etc.).

Avoid scratching the bite.



When you have finished, wash your hands thoroughly.

If you experience fever, headache, joint pain, a rash or develop a bull's eye or dark lesion, or any other symptoms in the bite area in the month following the bite, go to your nearest health care center and let them know you were bitten by a tick.