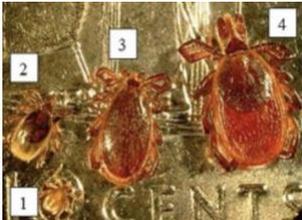


Risks with ticks:

- Ticks can transmit various infectious organisms that can spread throughout your body.
- Ticks are difficult to notice because of their small size, painless bite, and hidden areas they attach to.



Life stages of a blacklegged tick (unfed):

1. Larva
2. Nymph
3. Adult male
4. Adult female

Female blacklegged ticks change colour as they feed.



3 nymphs of the blacklegged tick in different stages of feeding—unfed are small (0.15 cm) and fed are larger, egg-shaped (0.3 cm).

- Tick-borne illness such as Lyme Disease can be difficult to diagnose. The longer it takes to diagnose the greater the risk of increased severity.
- There has been a significant rise in Lyme Disease and other tick-borne illnesses in Canada.

References:

Ball, S. (2021). *Lyme Disease, Ticks and You*. Firefly Books. ISBN – 13 : 9780228103202

CanLyme: <https://canlyme.com/>

CanLyme: *Lyme Basics*.
<https://canlyme.com/lyme-basics/>

CanLyme: *Lyme Diagnosis*.
<https://canlyme.com/just-diagnosed/>

CanLyme: *Lyme Prevention*.
<https://canlyme.com/lyme-prevention/>

Looking at Lyme podcast:
<https://www.lookingatlyme.ca/>

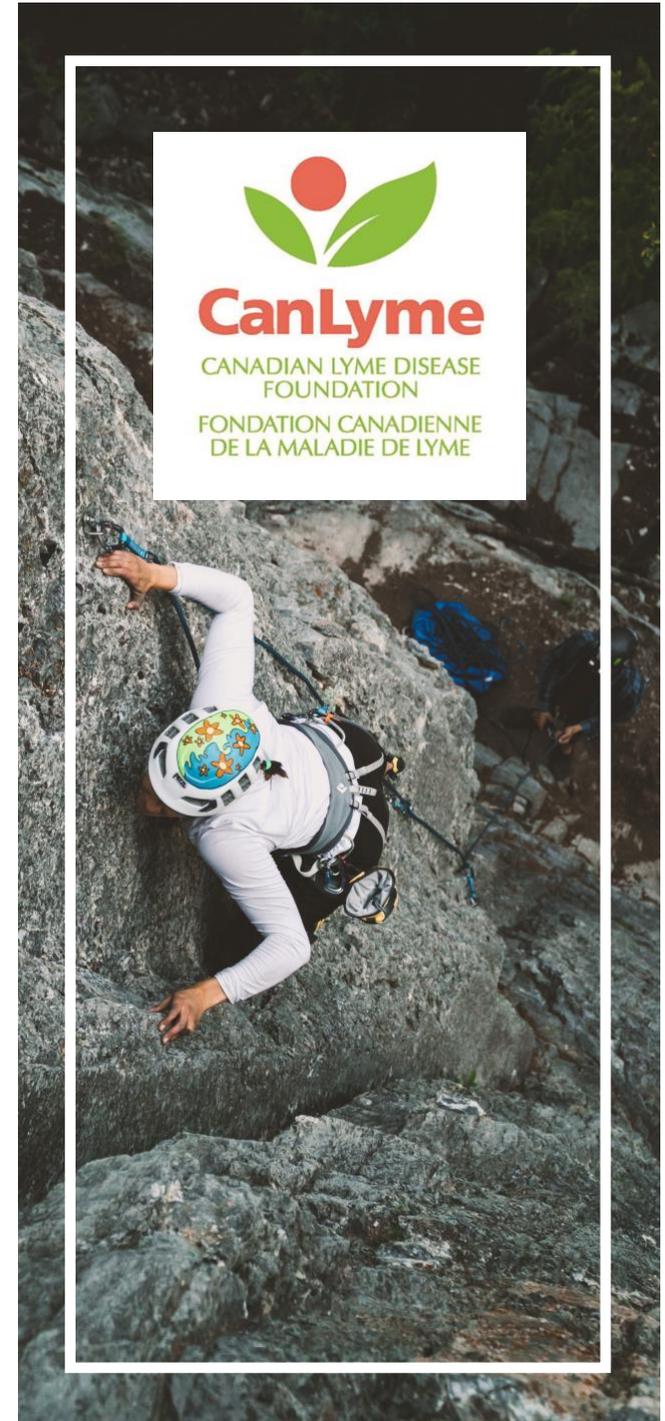
Cover Design: Anna Szczur

Cover Photography: Anna Szczur

Owens, B. (2021). *Lyme Disease in Canada. The tick-borne epidemic you need to know about – now!* Formac Publishing Company Limited. ISBN-13 : 978-1459506893

Tick Removal Kit:
<https://canlyme.com/product/tick-removal-kit/>

Tick Sizes and Comparisons:
<https://www.canada.ca/en/health-canada/services/pest-control-tips/blacklegged-deer-ticks.html>





Navigating tick environments:

- Stay on trail, avoid dead leaves, brush, wooded clearings, tall grass and dark, moist environments, even when it's difficult in approaches to less popular crags or summits.
- Be stylish in tick-safe attire by tucking pant legs into socks, wearing a hat, tying hair back, wearing a breathable long sleeve and choosing light coloured clothing to make tick spotting easier. The highest protection combines permethrin treated clothing and repellents.

- Apply repellents as recommended by the manufacturer. Consider using Icaradin/picaradin or 20% DEET. Natural options such as lemongrass, teatree and peppermint oil need to be reapplied often.
- Complete a tick check on yourself and your partner(s). Hot spots include your armpits, groin, back of the neck and ears, knees and between toes.
- When you've finished adventuring outdoors, whether that's climbing, mountain biking or running, put your clothing in the dryer on high heat for at least 10 minutes.

Managing a tick bite:

1. Using the tweezers, grasp the tick's mouthparts between the tips. Do not pinch hard.
2. Using the removal tool, slide it between the tick and your skin to trap the narrowest point of the tick in the slot.
3. Pull straight up. Do not twist or jerk. We want to keep the tick in one piece to avoid bacterial spread.
4. Clean the bite and surrounding skin with soap and water or alcohol-based sanitizer.
5. Place the tick in an enclosed, crush proof container and record the date of the tick bite. Include as much information on the container as possible.
6. Consider testing the tick e.g. <https://www.geneticks.ca/>
7. If you begin to feel unwell even if the tick tests negative, see your healthcare provider.

