

RAJI & ALEX PRESENT:

Tick Talk for the Whole Family

**Help us spread the
word about ticks!**

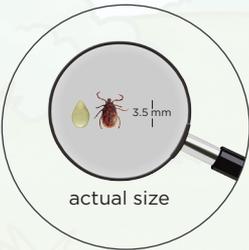


Where do ticks live?



Ticks are commonly found in many areas of British Columbia, including the Southern Interior, Lower Mainland, the Gulf Islands, and Vancouver Island. Ticks live in brush — tall grass, bushes, and shrubs.

How big are ticks?



Ticks are very small bugs. They are about the same size as a sesame seed, 3.5 mm. That's pretty tiny so it's very important to take precautions to prevent these little critters from latching on to you when you are outside in areas where ticks live.

How do I protect myself?

There are many ways to reduce your risk of getting tick bites:



- Tuck your pants into your socks
- Use DEET, but remember to pick a repellent with 10% DEET or less for children (20-30% for people over 12)
- Wear appropriate clothing: light coloured clothing, long sleeves, pants, close toed shoes
- Stay on a clear path and avoid brush
- Perform daily tick checks on yourself and your pets
- Take a shower and put your clothes in the dryer when you get home from playing outside in areas where ticks are common





What should I do at home?

Perform a tick check on yourself, and your pets after a day outside. Kids should get help from an adult family member for their check.

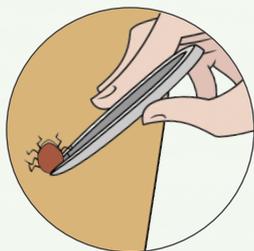
I found a tick! What now?

Is there a tick on your clothing or do you have a tick attached to your skin?

If you find a tick on your clothing, remove the tick, kill it, and dispose of it. Ticks take at least 24 hours to attach, so a big part of prevention is removing ticks before they bite.

If you have a tick attached to your skin, follow the steps below:

- Tell an adult
- The adult will need to remove the tick using tweezers: grasp the tick at the head, where the tick attaches to the skin, and pull straight up slowly
- Clean the tick bite area using soap and water. You can then put a small amount of antibiotic ointment on the area
- If the tick is still alive, place it in a sealed container with a damp cotton ball
- Label the container with your name and where the tick came from. Take the container to a doctor, a vet, or the BC Centre for Disease Control



When removing a tick, remember this tip: Ease, don't squeeze!



Where can I learn more?

For more information on staying safe and tick-free, visit the BC Centre for Disease Control's website:
http://www.bccdc.ca/dis-cond/a-z/_/LymeDisease/
Here you can watch Raji & Alex's video, and find links to the Tick Talk Facebook and Twitter sites.

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BC Centre for Disease Control



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