



**Northwestern
Health Unit**

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Protect Yourself from Lyme Disease

The Northwestern Health Unit is reminding the public to take precautions to prevent ticks. Kurt Casey, Public Health Inspector with the health unit says, "Most of the ticks in the Kenora and Rainy River Districts are wood ticks, but the reported number of deer ticks is growing".

Deer ticks can transmit Lyme Disease to humans. The much more common, larger, wood tick (also called dog tick) does not transmit this disease. Most people who have been infected with Lyme Disease experience no symptoms or very mild flu-like illness.

Because of the small number of deer ticks in the district, the risk of contracting Lyme Disease is low. However, the health unit recommends taking the following safety measures to prevent tick bites:

- Avoid places with long grass. If you are hiking or walking, stay in the center of the trail.
- Wear light colored clothing to make it easier to find ticks.
- Wear clothing that covers as much skin as possible.
- Use an insect repellent with DEET. Ensure that the proper guidelines are followed for use with infants, children, adults and pregnant women.
- Check yourself, your children, and your pets for ticks after being outdoors.
- Have a hot shower after checking for ticks, if possible.
- Wash your clothes with hot water and use the hottest setting on your dryer to kill any ticks that you may have missed.

Deer ticks are brown or black with no white markings. Wood ticks may have a colored body and have a black and brown shell. Bites from any tick can result in skin infection, but risk of Lyme Disease comes from deer ticks.

If you think you have found a deer tick on yourself, someone else, or a pet, please drop it off at one of the Northwestern Health Unit offices to be identified by a Public Health Inspector and sent away for proper testing.

For more information contact your local Northwestern Health Unit or call 1-800-830-5978.

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For more information

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