

Health Hints



Ticks: It's that time of year again!

What's a Tick?

- Tiny bugs that feed on blood.
- They can range in size from a sesame seed to a small pea.
- They attach themselves to the skin and feed on blood

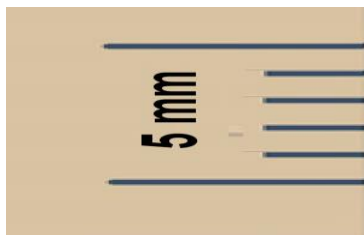
Ticks are found in heavily wooded areas or fields, and are most active in the spring and summer months. They can be carried into the home on clothing or on pets and then crawl onto human skin. Not all ticks carry disease, but some do transmit them.

Think Prevention!

1. Walk on cleared trails wherever possible when walking in tall grass or woods.
2. Dress your child in light coloured clothing to make it easier to spot crawling ticks. Children should wear closed shoes, long-sleeve shirts and pants, and tuck their pant legs into socks for extra protection. Pull long hair back or wear a cap.
3. Use an insect repellent containing DEET on clothes and on all uncovered skin. For more information on insect repellants and children: <http://www.bccdc.ca/NR/rdonlyres/F9B2E79E-3521-4072-A41D-E5DDC65E996C/0/insectrepellent2015.pdf>.
4. Check your kids for ticks — especially in and behind ears, in the groin area, behind the knees and under the arms. Check household pets too.

Tick Removal:

For step by step instructions on how to remove a tick go to:
www.healthlinkbc.ca/healthfiles/hfile01.stm



Blacklegged Tick (*Ixodes scapularis*)



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