OVER ▶

TICK SAFETY

THESE PESTS WILL TICK YOU OFF!

- COVER UP EXPOSED AREAS
- USE INSECT REPELLENT
- WEAR LIGHT COLOURS
- CONDUCT A FULL BODY TICK CHECK AFTER WORKING IN THE WOODS

BC **Forest Safety**

Safety is **good** business

BC FOREST SAFETY COUNCIL | 8C-2220 BOWEN RD, NANAIMO, BC V9S 1H9 | T: 1.877.741.1060 | BCFORESTSAFE.ORG

TICK SAFETY
THESE PESTS WILL TICK YOU OFF!

Working outdoors in spring, summer and fall can expose you to ticks. Ticks are small parasitic organism. They are arachnids, from the same family as spiders, that bite to fasten themselves onto the skin and feed on blood. Ticks live in the fur and feathers of many birds and animals but are also found in trees, underbrush and your back yard. Tick bites occur most often during early spring to late summer and in areas where there are many wild animals and birds.

In BC, some common tick-borne diseases include Lyme disease, Rocky Mountain spotted fever and Colorado Tick Fever. Lyme disease is a serious and potentially fatal disease if left untreated. Prompt removal of attached ticks (within 24 to 36 hours) can decrease the risk of infection.

WHERE CAN TICKS BE FOUND?

Ticks not only live in tall grass and wooded areas but they can also be found:

- where woods, fields meet and lawns meet
- in wooded areas
- in tall brush/grass
- under leaves
- on lawns or sports fields
- around stone walls and woodpiles where mice & other small mammals live

WHAT SHOULD YOU DO?

- if possible, avoid long grass and low bushes;
- wear light- coloured clothing to help find ticks more easily;
- wear closed-toed shoes, long sleeve shirts that fit tightly around the wrist, and long-legged pants tucked into your socks or boots when in the woods;
- use insect repellents containing DEET to repel ticks. Apply to both clothes and skin. Always read the label and follow instructions for use;
- check for ticks on and under clothing and pay attention to the armpits, in and around ears, behind knees, areas with body hair, and the navel and groin areas;
- take a shower shortly after being outdoors;
- wash clothes promptly and put them in the dryer with heat to help kill any ticks that may remain;
- carefully remove ticks found attached to the skin. Gently use fine pointed tweezers to grasp head of the tick as close to the skin as possible. Twist and pull slowly to remove the whole tick.

WHAT IF I GET BIT?

Tick bites are usually painless and most people don't know they have been bitten. When a person is infected with Lyme disease, symptoms usually develop within one to two weeks and include the following:

- Fever;
- Headache;
- Muscle and joint pains;
- Fatigue;
- Swollen glands;
- A skin rash, especially one that looks like a red bull's eye.

IF ANY OF THE SYMPTOMS OF LYME DISEASE DEVELOP, CONTACT YOUR DOCTOR IMMEDIATELY!

Link to https://www.healthlinkbc.ca/healthwise/ticks-how-avoid-and-remove-ticks

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