



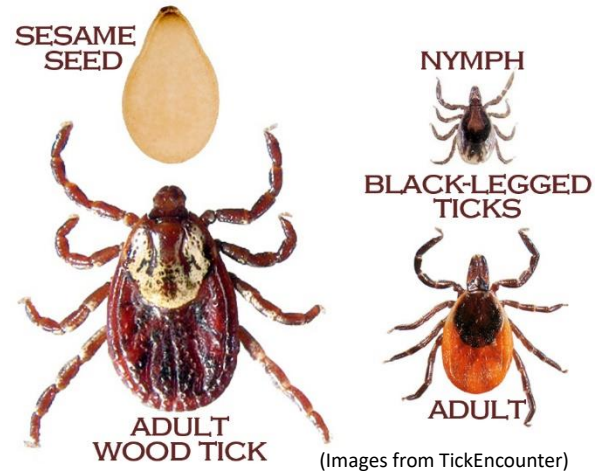
Tick Talk

How to Keep Your Family Safe

- Ticks are most active when the weather warms up in the spring and can remain active until freeze-up occurs.
- The most common tick in Saskatchewan is the wood tick (also called dog tick). They are most active from spring to early summer.
- Black-legged ticks (also known as deer ticks) are not common in Saskatchewan and are smaller than wood ticks. These ticks can be active anytime the temperature is 4°C or above, even when there is still snow on the ground.
- You should protect yourself from bites from all kinds of ticks.

Can ticks spread disease?

- Nearly all ticks in Saskatchewan are disease free.
- However, if an infected tick bites and feeds off you, it could make you sick.
 - Wood ticks can spread Tularemia and Rocky Mountain Spotted Fever.
 - Black-legged ticks can spread Lyme disease and several others.
- While the risk of being infected by a tick bite in Saskatchewan is very low you should still take precautions.



What can you do to protect yourself from tick bites?

- Wear clothing that covers as much of your skin as possible (long sleeves/pants, closed toed shoes, hats, etc.) and wear light coloured clothing to make the ticks easier to spot.
- Tuck your pants into socks and wear shirts that fit tightly around your wrists.
- Use a bug repellent with ICARIDIN or DEET and follow the manufacturer’s directions on use. Do not use repellents on infants under six months of age.
 - ICARIDIN and DEET repellents are the only ones identified by Health Canada as being effective against ticks.
- Avoid walking, working, playing in long grass and overgrown brush; stay in the centre of the trail when hiking.
- Before going indoors check yourself, your children, and your pets for ticks. Once a day do a thorough Tick Check (see next page).
- Throw your outdoor clothes in the dryer and tumble for 10 minutes on high heat to kill any ticks on them. (Most fabrics can be dried on high if not wet. You can wash them later.)
- Also check for ticks on any gear you had outside.
- Hunters should protect themselves from ticks as well.
- Protect your pets by using Tick and Flea collars or oral tick treatments prescribed by a veterinarian. Keep them out of wooded areas and long grass. Check your pets regularly and remove any ticks you find.



Adapted from: www.ticktool.etick.ca

See the next page for information on “Do a Daily Tick Check” and “How to Remove a Tick”

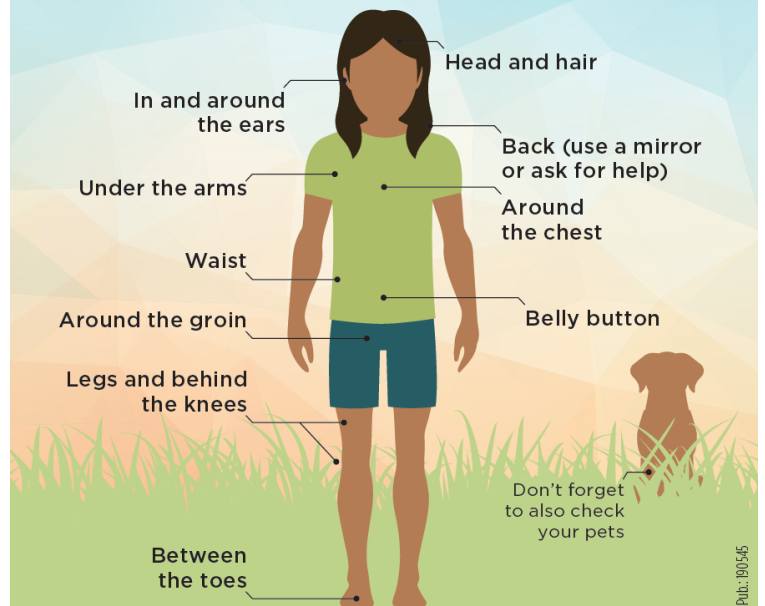
For more information call FHQ Health Services at 306-332-8241 (2025-05-05)

Do a Daily Tick Check

- Undress and use a hand mirror to check all the hard to see areas or have another person help
- A parent or guardian should help children with Tick Checks
- You can do a Tick Check while showering: which will also help wash off ticks that haven't attached yet, as well as the repellent you applied
- Don't forget to check your pets everyday

Where Ticks Like to Hide

When you return from outdoor activities, check your entire body, especially:



How to Remove a Tick

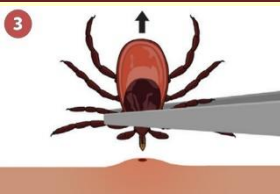
(video: <https://www.youtube.com/watch?v=X7wffUoQsio&t=2s>)



- 1
- If a tick has latched on to you, don't panic, just remove it as soon as possible.
 - **ONLY USE** fine-tipped, pointy tweezers to remove a tick
 - **DO NOT** try removing the tick using your fingers, nail polish (or remover), petroleum jelly (such as Vaseline), essential oils or a match
 - these methods can lead to an infection or injury



- 2
- With the tweezers, grab the tick as close to the skin as possible



- 3
- Pull upward with steady even pressure
 - Pull straight up (don't twist, jerk or pull the tick to the side)
 - If you want the tick identified, submit a photo to www.eTick.ca
 - Kill the tick by drowning it in rubbing alcohol or by sealing it in a plastic bag and keeping it in the freezer for a few days; then discard in your household garbage



- 4
- Wash the bite site and hands with warm water and soap or an alcohol-based sanitizer
 - Concerned about symptoms after a tick bite? Call the HealthLine at 811 or speak with your health care provider

If you're not comfortable removing the tick, visit your health care provider as soon as possible