

TICK WARNING

There has been a report of a cadet having found a tick on themselves following an exercise in EOA (Quinte area).

Ticks are small, ranging from the size of a poppy seed to a pea. The size of the tick varies depending on its age and whether it has fed recently.

The bite is usually painless so you may not know that you have been bitten. It is important to be on the lookout for ticks and the symptoms of Lyme disease.

Blacklegged ticks are most often found in forests and the overgrown areas between the woods and open spaces. The risk of getting a tick bite starts when the weather warms up in the spring, through till the fall.

The best way to protect yourself from Lyme disease is to prevent tick bites. Protect yourself if you venture into forested or overgrown areas:

- Wear closed-toe shoes, long-sleeved shirts and pants
- Pull your socks over your pant legs
- Wear light coloured clothes to spot ticks easier
- Use insect repellent that contains DEET (common active ingredient to keep biting bugs away) or Icaridin (always read and follow the label)
- Shower or bathe within two hours of being outdoors to wash away loose ticks
- Do daily "full body" checks for ticks on yourself, your children and pets

Ticks attach themselves to the skin and removing them within 24-36 hours usually prevents infection. The goal is to educate, and be vigilant and not to raise unnecessary fear while on exercise/activities.

