



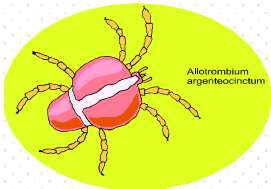
# WELLNESS WORKS....

## at Brain Injury Community Re-entry (Niagara) Inc.

A Publication from Brain Injury Community Re-entry Niagara's Wellness Works Committee

June 2009

# JUNE 2009



## NEWSFLASH

Due to the cooler and wetter spring, there has been an infestation of bugs specifically ticks, within the Niagara Region. Given the amount of time our staff and participants spend outdoors, the Wellness Committee felt it was important to answer some frequently asked questions...

### FAQ's:

#### **What is a tick?**

Ticks are tiny bugs the size of a sesame seed and do not fly. They are found on the ground or on tall grass and bushes and they attach themselves to someone passing by.



#### **What should I do if I spot a tick on my skin?**

- Protect hands with gloves, cloth or tissue.
- Remove the tick immediately by using tweezers to grab the tick as close to the skin as possible. Gently pull the tick straight out until the tick releases its hold on the skin.
- Do not squeeze the tick. Be careful not to twist, crush or rotate the tick while removing it.
- Use soap and water to clean the spot where you were bitten. Then clean your hands.
- It is not unusual to have more than one tick attached, so do a thorough check of your body. Be sure to check the less visible areas such as the groin, armpits and hairline.
- See your doctor if you develop any symptoms of Lyme disease.

#### **What is Lyme Disease?**

It is an infection that can be caused by a bite from a black legged tick infected with the bacteria. Not all ticks carry the bacteria that cause Lyme Disease. There is only small chance of a person getting Lyme Disease even if bitten by an infected tick. It is not spread from person to person.



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## FAQ's cont'd

### What are the symptoms of Lyme Disease?

Lyme Disease usually begins with a painless round red rash that looks like a 'bull's-eye'. The centre is not reddened. Often people will have a fever, chills, headache, muscle aches, fatigue and may have a mild stiff neck.

### Is there treatment?

Lyme Disease can be treated with an antibiotic early in the illness. If left untreated, it can develop into a chronic illness.

### How do I prevent a tick bite?

- Wear light coloured clothing. This will help you spot ticks more easily.
- Wear long sleeved shirts and pants when walking in wooded and busy areas.
- To help keep ticks away from your bare skin, tuck in any loose clothing and wear shoes that cover your entire feet.
- Spray insect repellent that contains DEET on exposed skin and clothing. For adults and individuals 12 years + 20 – 30% DEET, for children between 6 months – 12 years 10% or less DEET.
- Do NOT use DEET on children less than 6 months of age. Always follow manufacturer's instructions.
- Check your skin for ticks after any outdoor activities. Tick bites are usually painless so most people are unaware of attached ticks.
- Ticks brought into the house on clothing can result in a tick bite later because they can survive off of the body. Wash clothing and place in dryer.
- Keep your grass well cut to reduce bushy areas, high grass or leaf litter where ticks can live.

### Useful websites:

- \* [www.regional.niagara.on.ca](http://www.regional.niagara.on.ca)
- \* [www.cdc.gov/features/stopticks](http://www.cdc.gov/features/stopticks)
- \* [www.lyme.org](http://www.lyme.org)

Information from The Regional Municipality of Niagara – Public Health  
[www.regional.niagara.on.ca/living/health\\_wellness](http://www.regional.niagara.on.ca/living/health_wellness)

***If you suspect that you have been bitten by an infected tick seek medical attention immediately.***

For more information, contact Niagara Region Public Health 905-688-3762

For Lyme Disease call the Infectious Disease Program, 905-688-8248 ext. 7330 or 1-888-505-6074

For tick information or to drop off a tick, call Environmental Health, 905-688-8248 ext. 7767 or 1-888-505-6074