

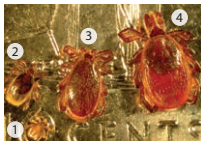
Tick-borne Diseases (TBD)



In Manitoba, blacklegged ticks are the most common carrier of tick-borne diseases such as Anaplasmosis, Babesiosis and Lyme disease. Other disease causing agents such as *Borrelia miyamotoi* and Powassan virus have also been detected in recent years.

General symptoms of tick-borne diseases can include rash, fever, chills, headache, malaise, arthritis, and other symptoms. Simultaneous infection with two or more tick-borne diseases is possible. For this reason, it is important to be aware of the presence of blacklegged ticks in Manitoba, to conduct tick checks and to monitor for signs of illness associated with a tick bite. Tick-borne diseases are best treated in the early stages of infection. See your health care provider promptly if you experience symptoms following a tick bite.

For more information about tick-borne diseases and symptoms visit:
www.manitoba.ca/tickborne



Larva (1), nymph (2), male (3) and female (4) blacklegged ticks on a Canadian dime

Tick Bite Prevention

Prevention is the first line of defense against tick-borne diseases. Blacklegged ticks are present throughout southern Manitoba and are active in the environment from snow melt to snow fall. The prompt detection and proper removal of ticks will reduce the likelihood of becoming infected with a tick-borne disease. Reduce your chances of encountering a tick by:

- using trails and staying in the centre of the path to avoid brushing against vegetation
- wearing closed-toed shoes, long-sleeved shirts and pants
- tucking your pants into your socks or boots
- wearing light-coloured clothing; this will allow ticks to be more easily seen and removed
- using an appropriate tick repellent (containing DEET or Icaridin) on clothing and exposed skin according to label directions

After spending time outdoors, inspect yourself, your children and your pets for ticks and remove any ticks found as soon as possible.



Tick Checks

Ticks can be small and hard to see, so a thorough tick check is important to detect and remove ticks.

- Be sure to carefully check the hair line, armpits, groin, belly button, behind the knees and between the toes.
- Showering within two hours of being outdoors will help detect ticks. Note that an attached tick will NOT wash off in the shower or bath.
- Washing clothing worn outdoors will kill ticks if hot water is used. Drying unsoiled clothing (before washing) on high heat will effectively kill ticks within 10 minutes.
- Inspect all outerwear, backpacks, towels etc. that may have come into contact with vegetation for ticks.
- Be sure to speak to your veterinarian about tick prevention measures for your pets.

Be sure to maintain tick check vigilance. Ticks can be tiny and may be missed on the initial check.



Tick Removal

If a tick has become attached, it is important to remove the tick as soon as possible.

- Use fine tweezers to grasp the tick as close to the skin as possible.
- Pull up with steady, even pressure. Do not crush or twist.
- Clean the bite site with soap and water
- Don't use petroleum jelly, nail polish, or a hot match to remove the tick.

Mark the date of the tick bite on a calendar. For identification, please visit the Manitoba Tick Checker website (<https://forms.gov.mb.ca/tickSubmission/>) and submit requested details and image. Instructions for saving specimens are provided on the site.

