**TICK FACTS**

1. Ticks are usually found in wooded or brushy areas.
2. Ticks do not fly, jump or move quickly.
3. The most common tick in Wellington, Dufferin and Guelph is the American Dog Tick. It is not associated with Lyme disease.
4. The blacklegged tick population is expanding in the area and may transmit the bacteria that causes Lyme disease.
5. Quick detection and removal through daily tick checks is unlikely to result in Lyme disease transmission.
6. A tick that is feeding will get swollen and oversized over time.
7. In Ontario, blacklegged ticks are more commonly found on the north shores of Lake Ontario and Lake Erie.

**TICK ID**

**Know Them, Prevent Them.**

**Blacklegged Tick (Deer Tick)**
- Image source: URI TickEncounter Resource Center
- Larva
- Nymph
- Adult male
- Adult female
- Approx. Size
  - Nymph: (⅛” - ¼”)
  - Adult male: (⅝”)
  - Engorged adult: (up to ½”)
- Enlarged View

**American Dog Tick (Wood Tick)**
- Image source: Maine Medical Center Research Institute
- Enlarged View
  - Adult male
  - Adult female

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**Public Health Wellington-Dufferin-Guelph**

wdgpublichealth.ca
1-800-265-7293 ext. 4753
**Tick Removal**

Using tweezers or a tick remover:

1. Grasp the tick firmly between the body of the tick and the skin (do not pinch too tightly or bacteria from the tick may be squeezed into the bloodstream).
2. Pull the tick straight out.
3. Clean the bite area with soap and water.

**Tick Removal**

If you have been bitten by a tick and are concerned, contact your healthcare provider. Keep the tick so it can be submitted for identification.

**Prevent Tick Bites**

Use caution in areas where ticks are more likely to be found:

- Wear light-coloured pants and a long-sleeved shirt so ticks are easy to see.
- Wear closed footwear and tuck pants into socks.
- Use a Health Canada approved insect repellent with DEET or Icaridin.
- Perform daily full-body tick checks on yourself, children and pets.

Ticks can be submitted for identification. For more information call Public Health at 1-800-265-7293.