

Tick Talk

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Objective: Following this presentation, you should have a better knowledge about :

What ticks are.

How to identify them

What threat the pose to us

How to prevent a tick bite.

Where they live and how we are exposed

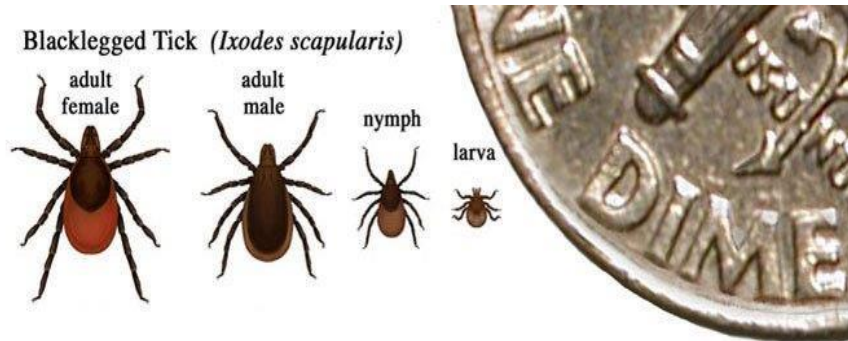
What do we do if you find an attached tick.

Understanding Ticks and their behaviour

- Member of the spider family (8 legged)
- Over 9 types of ticks in North America
- Ticks can carry disease which is transmitted to humans when they bite
- Each type of tick may carries specific and different disease
- Blacklegged Deer Tick can carry Lyme Disease and is prevalent in Ontario
- Blood sucking / feed off living bodies (animals and humans)
- Cannot jump or fly. They travel by hitchhiking and crawling
- They are found in brush , long grasses or leaves where deer and animals are found

Life cycles

- In general, adult ticks are approximately the size of a sesame seed and nymph ticks are approximately the size of a poppy seed



Adult and Nymph tick



Feeding

Female ticks and nymphs are the hungriest as they require more nutrients to grow and reproduce. Tick mouthparts have small barbs which secures them inside the host. Ticks secrete a mild anesthetic in their saliva which prevents the host from feeling the bite.



Left to Right: (same female tick during feeding)
un-engorged , 1/4 engorged, 1/2 engorged and fully engorged
to about the size of a corn kernel

A tick can feed for up to 7 days before it is satisfied and then falls off.

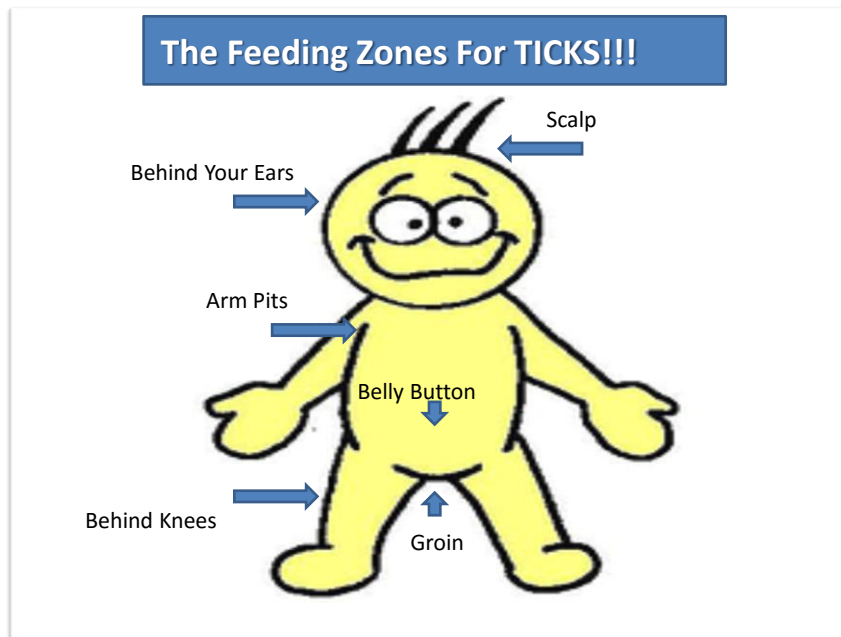
If you try to remove a tick by grabbing it by its body while it is feeding, it may get distressed and vomit into you.



Tick Feeding Zones

It usually takes a tick about 2 hours to travel up your body and locate a spot to feed from

Ticks like to feed in areas where they can easily draw blood; places where they can hide and remain undisturbed



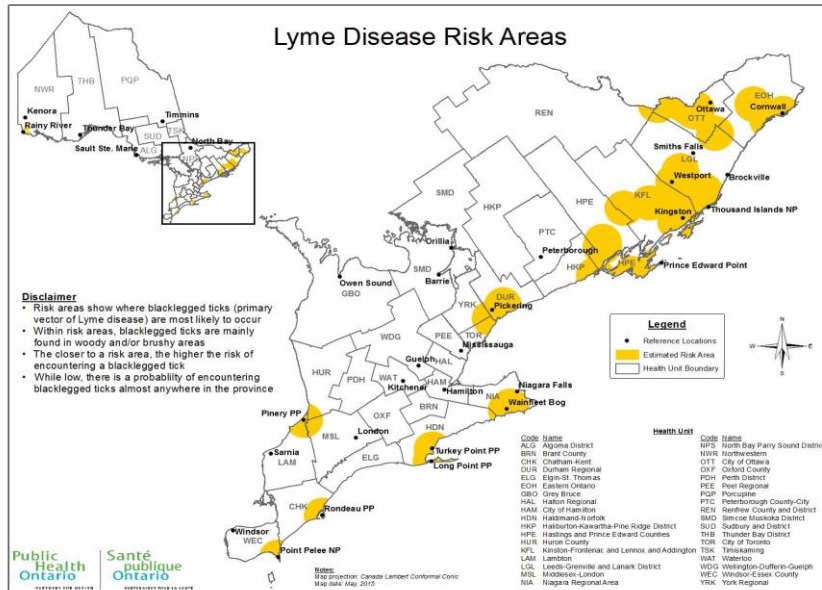
Tick Bite Prevention

You can only get a tick born illness if you are bitten by a disease carrying tick

- Watch where you walk, Stay on the path and avoid tall grasses and brush
- Use DEET
- Wear clothing that is light coloured so you can see a tick if it lands on you
- Keep your body covered by wearing a hat or scarf that covers your ears, long sleeve tops, pants tucked into your socks, full shoes

Tick Bite Prevention cont.

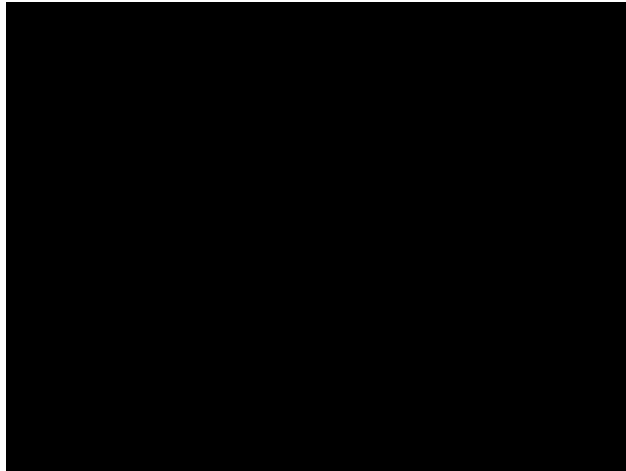
- Check your clothing for ticks after exposure to possible tick areas
- if you discover a tick remove it Bag it and place clothes in hot dryer for 1hr
- Shower within 2 hours of being in risk areas
- Body check using a hand held mirror
- Use the Buddy system when coming in from a possible tick area by checking each others backs, head etc



What to do if you find a tick?

- Do not try to pull it off with your hands
- Do not twist the tick, burn it off or cover it with Vaseline or oil
- **Only remove it using “Tick Key” or pointed Tweezers (next 2 slides)**

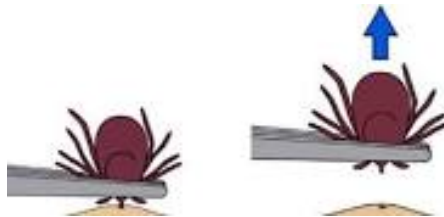
How to use the “Tick Key” video Click on black area or
<https://www.youtube.com/watch?v=ab00dtCROg0>



Tick Removal Steps

How to remove a tick

- 1) Use fine-tipped tweezers to grasp the tick as close to the skin's surface as possible.
- 2) Pull upward with steady, even pressure. ...
- 3) After removing the tick, thoroughly clean the bite area and your hands with rubbing alcohol, an iodine scrub, or soap and water.



www.cdc.gov/ticks/removing_a_tick.html

Tick removal cont

- Try to remember when you may have gotten the tick or been in a tick area.
- Save the tick in a zip lock bag and take it to the local Health Department for identification of tick type, life stage, state of engorgement, or virus
- See your doctor for advise and monitoring for Lyme disease symptoms

Lyme disease symptoms

similar to influenza (may present 2-6 weeks after bite)

- Fever
- Headache
- Muscle Ache
- Nausea
- Vomiting
- Sometimes Erythema or “bull ring” (see slide)
- May progress to neurological symptoms

Bulls eye ring



Lyme disease is treatable with
antibiotics.

See your doctor if you have
symptoms

Remember **Prevention** is the Key

References and Resources

<http://www.health.gov.on.ca/en/public/publications/disease/lyme.aspx>

<http://www.healthlinkbc.ca/health>

www.cdc.gov/ticks/removing_a_tick.html

- <http://healthy Canadians.gc.ca>
- <http://schicanada.weebly.com/about.html>
- <http://www.tickencounter.org/>
- <http://www.cdc.gov>
- <https://www.youtube.com/watch?v=ab00dtCROg0>