TICK PREVENTION

Ticks on the trail

Ticks are a common outdoor hazard in many parts of Ontario, especially in grassy, brushy, and wooded areas. A few simple habits before, during, and after time outdoors can lower the chance of a tick bite and help people respond quickly if they find one.



- Wear long sleeves, long pants, closed-toe shoes, and tuck pants into socks. Choose light colours to make ticks easier to see.
- Use insect repellent with DEET and follow the label directions.
- Stay on cleared or marked trails and avoid tall grass, leaf litter, and dense vegetation.
- After being outdoors, check your body, children, and pets, especially armpits, ears, hairline, belly button, waist, behind knees, and groin.
- If you find an attached tick, remove it promptly with clean, fine-point tweezers. Grasp it close to the skin and pull straight out, slowly and steadily.
- After removal, clean the bite area and your hands with soap and water or an alcohol-based product.
- Do not burn, squeeze, or smother the tick with petroleum jelly.
- Contact a health care provider if you cannot remove the tick, if part of it is deeply embedded, or if you feel unwell or develop a rash or other symptoms after a bite.

Tick safety starts with prevention, careful checks, and prompt removal.

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