

Tick Safety for Field Trips

As a participant in an ABCA field trip your child will spend the day outdoors at one of ABCA's Conservation Areas. These may include Rock Glen Conservation Area, Morrison Dam Conservation Area or Clinton Conservation Area. Your child will explore the natural world and sometimes those explorations may take us off trail. As ticks become more prevalent in our area, it is important to take some necessary precautions to keep yourself as safe as possible.

What to Wear:

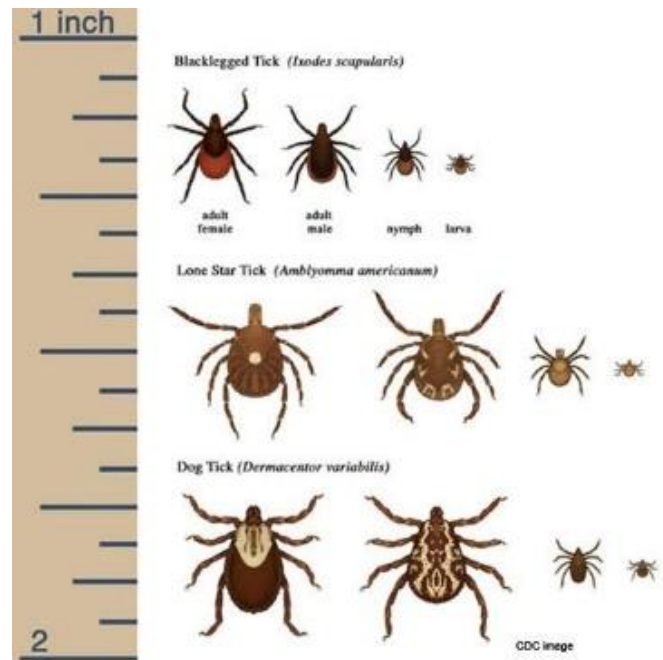
- Long pants, tucked into socks
- Long sleeves
- Light colours
- Bug spray containing DEET (particularly around feed and ankles)

Morning or Evening Before Your Field Trip

- Do a [tick check](#) and remove any ticks found

Evening After Your Field Trip

- Do a [tick check](#) and remove any ticks found
- Change clothes
- Put clothes in dryer for 10 min on high heat
- Have a bath/shower



Tick Sizes

Source: Centre for Disease Control (CDC)

Why do a tick check every morning and evening?

- Blacklegged Ticks must be attached for 36-48 hours before Lyme Disease can be transmitted
- Checking every 12 hours helps lower the risk of undetected tick bites

Important Reminders

- Not all ticks carry Lyme disease
- Not all Blacklegged Ticks are infected with Lyme Disease

Where to get ticks tested

If you find a tick you can get it tested for Lyme Disease through your local health unit or you can submit it to a private lab to be tested (for a fee). In either case, save the tick in a small, sealable plastic bag or pill bottle. Record the location and date found.

- Contact Huron Perth Health: <https://www.hpph.ca/en/health-matters/lyme-disease.aspx>
- Private lab: <https://www.geneticks.ca/about-geneticks/>