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## Tick season

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Spring is tick season. Ticks are small bugs that suck blood. They live in many places in BC.

Ticks can spread disease to people and animals. Getting bitten by a tick can make you sick.

WildSafe BC has tips on how to avoid ticks and tick bites:

- Avoid areas where there are ticks.
- Walk on trails and avoid grassy, forested areas.
- Wear light-coloured clothing to make it easier to see ticks on your body.
- Tuck your pants into your socks or wear high boots.
- Apply insect repellent that contains DEET.
- Talk to your vet about tick prevention medication for pets.
- After a hike, check yourself, children and pets for ticks. Ticks climb up your body. You may find them in your hairline, scalp, folds of skin and under your armpits or behind your knees.



This is a tick.

### What do you do if a tick bites you?

1. Never squeeze or twist a tick. Use tweezers to grab the tick's head.
2. Pull gently. Do not handle the tick with your bare hands.
3. When the tick is removed, wash the area with soap and water. Apply antiseptic cream.
4. See a doctor if you develop symptoms including muscle or joint pain, fever, fatigue or a bulls-eye rash.



See a doctor if you develop a bulls-eye rash.

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Adapted from *Creston Valley Advance* • Photos: Flickr/Chris Booth, Flickr/Andrey Zharkikh

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