



## “TICK TALK”

### Facts...

- We **do** have LYMES disease & ROCKY MOUNTAIN SPOTTED FEVER in the province of Alberta.
- Both of these diseases are carried by TICKS
- Ticks can be found ANYWHERE but be very suspicious around sunny south facing slopes in spring or where sheep or deer sleep over!
- It will take an hour or two, once a tick is on you for it to find a nice “fold” in the skin or for it to move to the hairline where it will attempt to feed.
- Their saliva contains an anesthetic that renders their bite “painless”.
- The tick must be in-bedded for over 24 hours to transmit any bacteria that it may be carrying.

### SPOT IT : FIND IT : REMOVE IT

If you spot them on your light coloured clothing or equipment that has been lying on the ground...

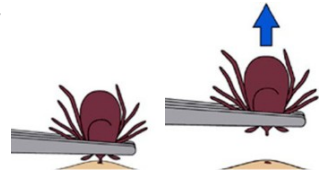
TELL THE GROUP & OTHERS WHO HAVE BEEN IN THE AREA!

Check clothing and those “difficult to self visualise” areas carefully... you have 24 hours to find it...

THE CLOCK IS “TICKING”!

### Removing ticks...

- ONLY USE TWEEZERS (do not use any other method)
- Grasp close to the skin and firmly pull straight out.
- Inspect the bug to ensure it is intact and contemplate keeping & sending to the Alberta Tick Program.  
<http://www.health.alberta.ca/health-info/lyme-disease.html>
- Clean the area with an antiseptic wipe and watch for signs of local infection.



### Symptoms... (can come on gradually or fairly rapidly!)

#### General...

- Flu like (fever and chills; sore throat; headaches; congestion; fatigue)

#### Lymes Disease...

- Rash around the bite site (only happens 30% of the time)
- Bulls eye rash at the bite site (only happens 9% of the time)
- Joint pain is more pronounced than RMSF

#### Rocky Mountain Spotted Fever

- Rash appears 2-5 days post bite and initially appears as small, flat pink, non-itchy spots on wrists, ankles and forearms.
- Red / purple rash appears after 6 days and occurs in up to 60% of cases.

For further information check out...

Lyme Disease Association of Alberta (LDAA)  
[www.albertalyme.org](http://www.albertalyme.org)

This synopsis of Tick Facts was compiled by the Remote Safety specialists' at Rocky Mountain Adventure Medicine. Call us toll free at... 1-888-849-0933

