**Sample letter: For use with residents of blacklegged tick areas**

Dear Resident:

Public Health would like to remind you that blacklegged (deer) ticks are established

/ endemic (consistently found) in the area. This means that there is an increased risk of becoming infected with Lyme disease.

However, there are several things you can do to decrease this risk. Public Health encourages you to continue to enjoy the outdoors safely.

You can take simple precautions to protect yourself from infection with Lyme disease. You can also make some changes to your property to make it less inviting to blacklegged ticks and decrease exposure to them.

These include:

# PERSONAL PROTECTION CLOTHING

* Wear light coloured clothing with long sleeves and closed shoes and tuck pant legs into your shoes when in areas with long grass and shrubbery.
* Covering the skin reduces the chances for deer ticks to find skin to attach to.
* Light coloured clothing makes it easier to see deer ticks and brush them off.
* Walk in the middle of trails, away from grass and underbrush.

# INSECT REPELLENT

* Apply insect repellents containing DEET or Icaridin to clothing and to exposed skin.
* This makes you a less inviting target for deer ticks.

# TICK CHECKS

* When you return from a walk in areas with long grass and shrubbery, check your skin for any deer ticks that may have become attached.
* DEER TICKS NEED TO BE ATTACHED FOR MORE THAN 24-36 HOURS IN ORDER TO INFECT YOU WITH LYME DISEASE.

**Nova Scotia Communicable Diseases Manual**

Sample Letter 1