

Tick Safety

Make sure you, your family and pets are protected against tick bites.

There are several kinds of ticks that can be found across Nova Scotia, but only the blacklegged tick carries the bacteria that causes Lyme Disease.

Ticks are commonly found in tall grass, bushes, wooded areas, urban parks and gardens. There are simple precautions you can take while spending time outdoors.



Left to right: Female black legged tick, groundhog tick, dog tick



Top to bottom: engorged female dog tick, engorged female black legged tick

- Wear light-coloured long-sleeved shirts and pants, and light-coloured socks with enclosed shoes (this makes ticks more visible)
- Tuck in your shirt and pull your socks up over pant legs
- Spray clothing and exposed skin with an insect repellent containing DEET or Icaridin (make sure you follow directions on the label)
- Check your clothing and body carefully for ticks after working or playing outside. Pay special attention to armpits, the back of the knees, and the groin or pelvic region
- Keep grass cut and remove leaves from your yard
- Put outdoor clothes in a dryer on high heat for 10 minutes to kill any remaining ticks
- Always check yourself, your children, and pets for ticks after spending time outside

NOVA SCOTIA

Be Tick Aware

To learn more about ticks and tick safety, visit:
<https://novascotia.ca/ticksafety/>