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## SAFETY TALK - TICKS

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### WHAT ARE TICKS

Ticks are tiny bugs that live off the blood of mammals and birds. They are typically found throughout North America in grassy wooded areas or along shorelines and in parks.

### FOR MORE INFORMATION

Refer to the Scouts Canada Safety Tip [Scouts.ca/sites/default/files/safetytip-may-2015.pdf](http://Scouts.ca/sites/default/files/safetytip-may-2015.pdf)

### HOW TO PREVENT TICKS BITES

Wear long pants and long-sleeved shirts. Use a repellent with DEET on skin. Repellents containing 20% or more DEET (N, N-diethyl-m-toluamide) can protect up to several hours. Always follow product instructions. Avoiding the hands, eyes, and mouth.

### AFTER YOU GET BACK TO YOUR CAMP SITE

**Check your clothing for ticks.**

**Have a Shower, and**

**Check your body for ticks after being outdoors.** Conduct a full body check upon return to your tent. Check these parts of your body for ticks:

- under the arms
- In and around the ears
- Inside belly button
- Back of the knees
- In and around the hair
- Between the legs
- Around the waist

**ALSO SEE** [http://www.cdc.gov/ticks/avoid/on\\_people.html](http://www.cdc.gov/ticks/avoid/on_people.html)

### SAFETY AROUND TICKS

- If the tick is attached to the person's skin, remove it immediately:
- Wearing gloves, grasp the tick with clean tweezers as close to the skin as possible to remove the head and mouthparts.
- Pull the tick straight out gently and steadily. Do not twist.
- Do not try to remove tick with a hot match or petroleum jelly. This could cause the tick to regurgitate infected fluids into the wound
- Save the tick in a container and report to the camp clinic.



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### Cleanse and Protect the Area

- Wash hands and clean the bite area with warm water and gentle soap.
- Apply alcohol to the bite wound to prevent infection.

### See a Health Care Provider

- Report to the clinic immediately if the tick has burrowed into skin or if the head, mouthparts, or other tick remains cannot be removed.

### After the Jamboree

See your family doctor if:

- You develop flu-like symptoms, fever, headache, nausea, vomiting, muscle aches, or a rash within one month after the bite. Take the tick to the health care provider's office or the hospital if possible.
- The bite area develops a lesion within 30 days.
- There are signs of infection such as redness, warmth, or inflammation.
- You think it might be a deer tick. Your doctor may prescribe a single dose of an antibiotic to help prevent Lyme disease.