



Renfrew County and District Health Unit  
*"Optimal Health for All in Renfrew County and District"*

## For Immediate Release

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(Pembroke, Ontario, April 30, 2024)

### **Lyme Disease: Know the Risks and How to Prevent Tick Bites**

Warmer weather in springtime means more outdoor activities. But it also means more tick activity as well.

Renfrew County and District (RCD) has many areas that are suitable habitats for blacklegged ticks (also called deer ticks), which have the potential to transmit Lyme disease to humans. The rate of Lyme Disease in RCD has been increasing, and since 2020 has surpassed the Ontario average.

Renfrew County and District Health Unit (RCDHU) continues to conduct tick surveillance, which helps to identify the risk areas where infected blacklegged ticks are more likely to be found. Current risk areas are in the Eastern portion of Renfrew County, with ticks consistently identified near Arnprior, Calabogie, and Cobden. However, ticks capable of transmitting Lyme Disease can still be found outside of these areas.

Only infected blacklegged ticks can transmit Lyme disease. In most cases, the tick must be attached for at least 24 hours for the Lyme disease bacterium to be passed on to humans. Early symptoms of Lyme disease in humans usually appear between three and 30 days after a bite from an infected blacklegged tick.

Signs and symptoms of Lyme disease include:

- a bull's-eye rash surrounding the bite location
- fever
- chills
- headache
- muscle aches and joint pains
- fatigue
- swollen lymph nodes

You can prevent tick bites when outdoors and lower your risk of Lyme Disease by:

- Wearing light-coloured clothing,

- Wearing closed footwear and socks, with long sleeve shirts tucked into your pants, and your pants tucked into your socks,
- Using an insect repellent with DEET or Icaridin according to label directions,
- Conducting a tick check. To learn more about how to do a tick check or how to remove a tick, visit: [Tick-borne diseases](#),
- Consulting your pharmacist or healthcare provider if you are concerned about a tick bite, particularly if the tick was attached for 24 hours or more. Preventive treatment may be recommended.

If you are bitten by a tick, you can submit the tick to RCDHU for identification, or you can do this online by visiting:

- [Geneticks Statistics Center Link](#) – Tick testing service, interactive tick maps and statistics
- [eTick](#) – A public platform for image-based identification and population monitoring of ticks in Canada

For more information visit [www.rcdhu.com](http://www.rcdhu.com) or call 613-732-3629 extension 555.

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