

HAZARD ALERT

Routinely check your skin for ticks

When you work in grassy or wooded areas you should protect yourself from ticks. Two species of ticks in British Columbia can cause disease in humans.

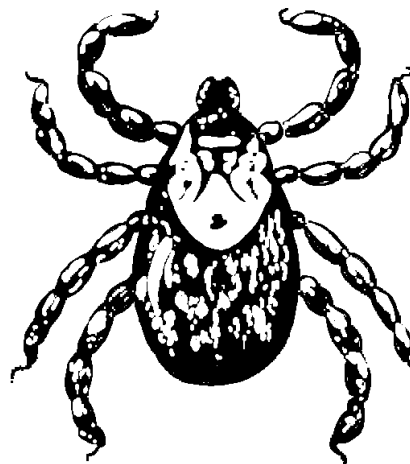
The **Rocky Mountain wood tick** is found in the B.C. interior dry belt from the U.S. border north to Williams Lake and east into Alberta. If these ticks remain on the body for several days, their bites can cause tick paralysis, which usually stops shortly after the tick has been removed. Symptoms start with numbness in the feet and legs, making walking or standing difficult. These ticks can also carry Rocky Mountain spotted fever, but the disease rarely occurs in Canada. (Symptoms may include chills, fever, headache, muscle and bone pain, and sensitivity to light.)

The **western black-legged tick** lives in vegetation in the warm, moist coastal areas of Vancouver Island and along the mainland from the U.S. border to Powell River. Its range extends eastward along the Fraser River to Hope and north to Boston Bar. The bite is often painful and may result in a slow-healing ulcer. In rare cases, some western black-legged ticks carry bacteria that may cause Lyme disease, with symptoms such as a red skin rash, fever, headache, fatigue, sore throat, and swollen glands.

Safe work practices:

- Wear long pants and a long-sleeved shirt. Tuck pants into socks, and shirt into pants. (Spraying insect repellent containing DEET on your pants may help repel ticks.)
- Avoid walking or resting in areas overgrown with vegetation.
- Closely examine your body and clothes for ticks.
- Remove ticks immediately upon discovery.
- Contact Bob Costello, entomologist, at the B.C. Ministry of Agriculture and Food (toll free 1 888 221-7141) or check the Web site <http://www.agf.gov.bc.ca/> for more information on ticks.

Ticks range in size from the size of a small ant to the size of a swollen raisin.



Language shouldn't be a barrier to safety

This poster was prepared for you and your workers. It is important that your workers receive the safety message that is contained in this poster. If your workers are unable to read English, we would appreciate it if you would translate, or have translated, this important message into a language they can understand. Thank you.