



Camp Kawartha Tick Talk



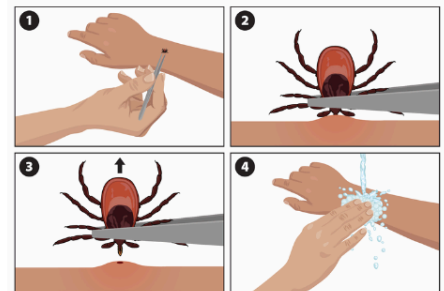
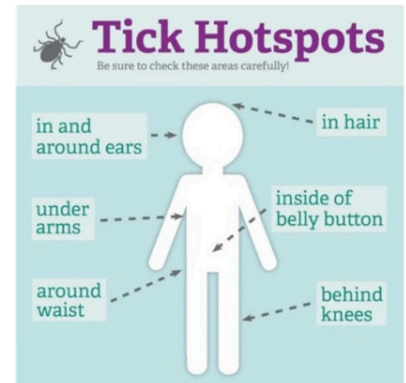
Rising tick populations—particularly those that can carry Lyme disease—are one of the many impacts of climate change now being seen across Ontario. Taking steps to prevent tick bites, and knowing how to properly identify and remove ticks, are essential for staying healthy and continuing to safely enjoy the outdoors.

Prevention

- Stay on marked trails and avoid walking through long grass or dense brush
- Wear light-coloured, tightly woven long pants and long-sleeved shirts when possible
- Use an insect repellent containing DEET
- Check your body thoroughly for ticks after spending time outdoors

Management

- If you find a tick on your skin, remove it promptly using fine-tipped tweezers. Grasp the tick close to the skin and pull upward with steady, even pressure. Avoid squeezing the tick's body
- After removal, clean the bite area and your hands with soap and water (or alcohol-based sanitizer)
- Save the tick in a sealed container or bag for identification
- Monitor the bite site and your health for symptoms such as a rash, fever, fatigue, or flu-like illness
- Seek medical advice if symptoms develop, if you're unsure how long the tick was attached, or if it may have been attached for more than 24 hours. In some cases, if specific criteria are met, a healthcare provider may prescribe a preventive antibiotic such as doxycycline



Keep going outside and connecting with nature!

Being outside is essential to children's health. With the rise of depression, anxiety, diabetes and heart-disease and the host of other complications that comes of our increasingly indoor and screen-reliant lives, it is more dangerous to be indoors than out.

- Outdoor play is increasingly understood as integral to healthy childhood and adolescent development
- The 2025 ParticipAction Report: Only 4% of children meet the 24 hour movement guidelines.
- Raising biodiversity awareness through nature connection is essential to the future biodiversity of our planet
- **Check out our Website link to Health and Nature Connection**