

To: CCH – Communities, Sport & Recreation Division
Recreation Nova Scotia
Sport Nova Scotia
Provincial Recreation Organizations
Provincial Sport Organizations

From: Robin Norrie, Manager of Recreation – CCH

Re: Outdoor Recreation and Tick Awareness

Date: June 27, 2017

As promoters of recreation/ outdoor recreation and encouraging people to re-connect with nature and deliverers and managers of outdoor events, programs and facilities including camps, trails, sport fields, etc , we need to be mindful of the fact that some barriers to this include fear of and potential for ticks and tick bites. Incidents and reported cases are up significantly in Nova Scotia in the last five years. (see map below)

According to Department of Health & Wellness (DHW) information, there are several things that can be done to reduce this risk and thus reduce the fear that can become a barrier to people getting outside.

We are sharing this information with you now so that you may circulate and share within your networks.

According to the DHW news release in May 2017, **Tick checks** are the most important defense against the spread of tick-borne illness. (<https://novascotia.ca/news/release/?id=20170518005>)

To **avoid** ticks take the following precautions when in areas with long grass, shrubs or woods:

- wear light coloured, long-sleeved shirts, pants and socks so ticks are more visible
- wear enclosed shoes
- pull socks up over pant legs and tuck in shirts
- spray clothing and exposed skin with an insect repellent containing DEET or Icaridin
- check clothing and exposed skin for ticks after working or playing outside and remove any ticks attached to the skin
- check pets thoroughly for ticks after spending time outside
- when possible, take a bath or shower within two hours of coming indoors. This makes it easier to find ticks and washes away loose ones
- keep grass well cut to minimize suitable habitat for ticks on your property.

Remove ticks as soon as they are found to prevent or reduce the risk of infection. For more information about ticks and how to treat tick bites please visit:

For more information, visit <http://novascotia.ca/dhw/CDPC/lyme.asp>

The website also provides accurate information about ticks and tick-borne diseases, appropriate prevention measures, a short video and links to resources (brochures, posters) that can be used.

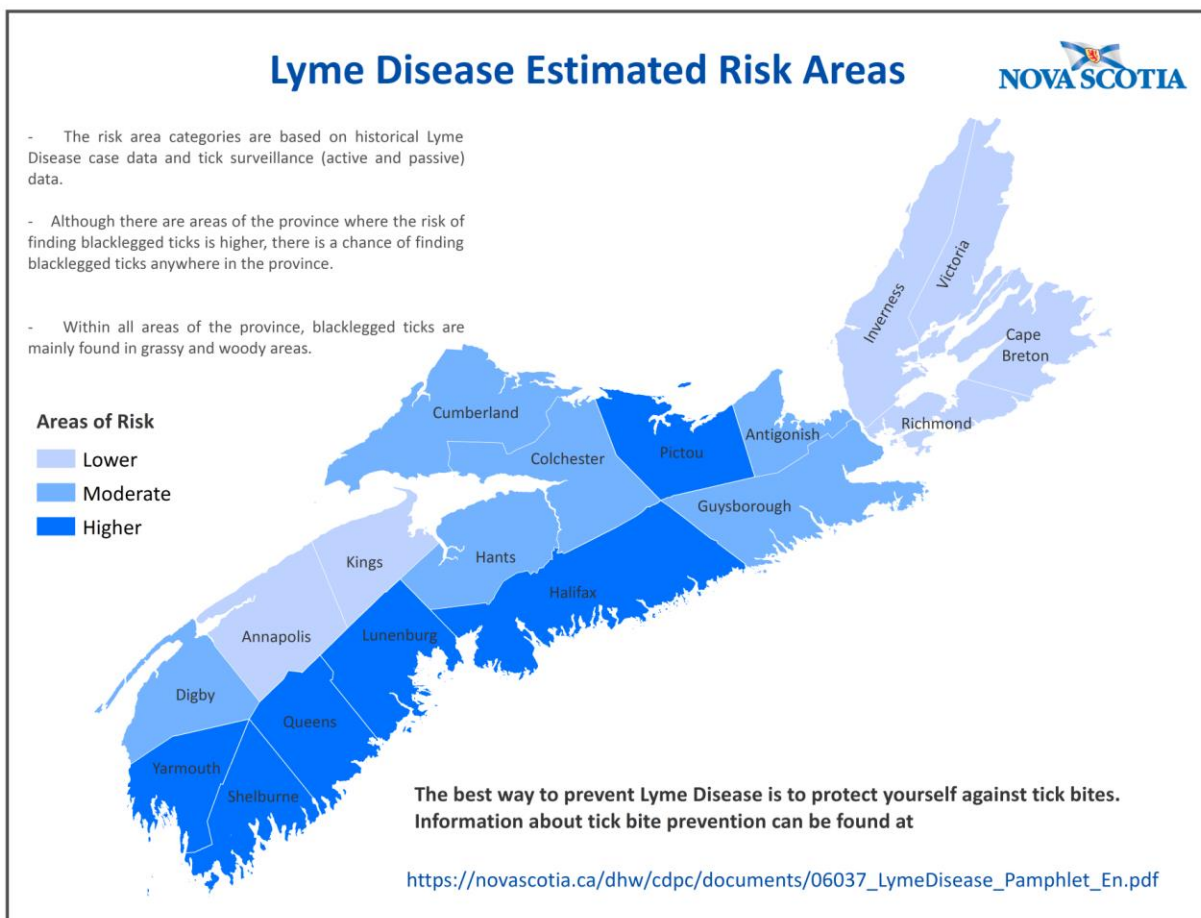
Link to information pamphlet:

http://www.novascotia.ca/dhw/cdpc/documents/06037_lymedisease_pamphlet_en.pdf

Also here is the link to contact information for all Public Health Offices throughout the province.

<http://www.nshealth.ca/public-health-offices> (also see full list below)

We hope that you find this information helpful. If you have additional questions, please contact your local Public Health office.



News release:

Nova Scotians Reminded to be Tick-aware
Department of Health and Wellness

May 18, 2017 12:34 PMO

Nova Scotians are encouraged to enjoy the outdoors safely by learning to avoid the blacklegged tick bites that can cause Lyme disease.

Blacklegged ticks are found throughout Nova Scotia. Tick checks are the most important defence against the spread of tick-borne illness.

To avoid ticks take the following precautions when in areas with long grass, shrubs or woods:

- wear light coloured, long-sleeved shirts, pants and socks so ticks are more visible
- wear enclosed shoes
- pull socks up over pant legs and tuck in shirts
- spray clothing and exposed skin with an insect repellent containing DEET or Icaridin
- check clothing and exposed skin for ticks after working or playing outside and remove any ticks attached to the skin
- check pets thoroughly for ticks after spending time outside
- when possible, take a bath or shower within two hours of coming indoors. This makes it easier to find ticks and washes away loose ones
- keep grass well cut to minimize suitable habitat for ticks on your property.

Remove ticks as soon as they are found to prevent or reduce the risk of infection. To remove a tick safely carefully grasp it with tweezers. Get as close to the skin as possible. Gently and slowly pull the tick straight out. Do not jerk, twist or squeeze it. Wash the site with soap and water. Disinfect with rubbing alcohol or hydrogen peroxide to avoid other infections.

Blacklegged ticks must be attached to the skin for at least 36 hours to transmit the bacterial infection that causes Lyme disease.

Lyme disease is treatable with antibiotics. The earliest and most common symptom of Lyme disease is a bullseye rash at the site of the bite, although the rash is not always in this shape. Other symptoms include fever, fatigue, muscle aches and headaches. Anyone who has been in areas with long grass, shrubs or woods and has these symptoms should seek medical attention.

For more information, visit <http://novascotia.ca/dhw/CDPC/lyme.asp>.

Public Health Offices in Nova Scotia

If you have additional questions, please contact your local Public Health office.

Amherst

18 South Albion Street
Amherst, NS B4H 2V5
Canada
Phone: (902) 667-3319, (800) 767-3319
Fax: (902) 667-2273

Antigonish

23 Bay Street, Suite 2N
Antigonish, NS B2G 2G7
Canada
Phone: (902) 867-4500 x4800
Fax: (902) 863-7476

Barrington Passage

3695 Highway 3
Barrington Passage, NS B0W 1G0
Canada
Phone: (902) 637-2430
Fax: (902) 637-3358

Bridgewater

215 Dominion Street Suite 200
Bridgewater, NS B4V 2K7
Canada
Phone: (902) 543-0850
Fax: (902) 543-8024

Chester

3769 Hwy 3
Chester, NS B0J 1J0

Annapolis Royal

Annapolis Community Health Centre
821 St. George Street
Annapolis Royal, NS B0S 1A0
Canada
Phone: (902) 532-0490
Fax: (902) 532-2113

Baddeck

Victoria County Memorial Hospital
30 Old Margaree Road
Baddeck, NS B0E 1B0
Canada
Phone: (902) 295-2178
Fax: (902) 295-3822

Berwick

Western Kings Memorial Health Centre
121 Orchard Street
Berwick, NS B0P 1E0
Canada
Phone: (902) 538-3700
Fax: (902) 538-0770

Canso

Eastern Memorial Hospital
1746 Union Street
Canso, NS B0H 1H0
Canada
Phone: (902) 366-2925
Fax: (902) 366-2900

Cheticamp

Sacred Heart Community Health Centre
15102 Cabot Trail

Canada
Phone: (902) 275-3581
Fax: (902) 275-1337

Dartmouth

7 Mellor Ave, Unit 5
Dartmouth, NS B3B 0E8
Canada
Phone: (800) 430-9557, (902) 481-5800
Fax: (902) 481-8928

Elmsdale

15 Commerce Court
Suite 150
Elmsdale, NS B2S 3K5
Canada
Phone: (902) 883-3500
Fax: (902) 883-3400

Guysborough

Guysborough Hospital
10506 Highway 16
Guysborough, NS B0H 1N0
Canada
Phone: (902) 533-3502
Fax: (902) 533-2167

Liverpool

Queen's General Hospital
175 School Street
Liverpool, NS B0T 1K0
Canada
Phone: (902) 354-5737
Fax: (902) 354-5702

Meteghan Centre

Clare Health Centre
8559 Highway 1

Cheticamp, NS B0E 1H0
Canada
Phone: (902) 224-2410
Fax: (902) 224-2903

Digby

Digby General Hospital
75 Warwick Street 1st Floor
Digby, NS B0V 1A0
Canada
Phone: (902) 245-2557
Fax: (902) 245-1302

Glace Bay

Senator's Place
633 Main Street, Ground Floor
Glace Bay, NS B1A 6J3
Canada
Phone: (902) 842-4050
Fax: (902) 842-4004

Inverness

Inverness Consolidated Memorial Hospital
39 James Street
Inverness, NS B0E 1N0
Canada
Phone: (902) 258-1920
Fax: (902) 258-2721

Lunenburg

250 Green Street
Lunenburg, NS B0J 2C0
Canada
Phone: (902) 634-4014
Fax: (902) 634-7024

Middleton

Soldier's Memorial Hospital
462 Main Street

Meteghan Centre, NS B0W 2J0
Canada
Phone: (902) 645-2325
Fax: (902) 645-3356

Neil's Harbour

Buchanan Memorial Community Health
Centre
32610 Cabot Trail
Neil's Harbour, NS B0C 1N0
Canada
Phone: (902) 336-2295
Fax: (902) 336-2202

New Glasgow

Community Health Centre
690 East River Road
New Glasgow, NS B2H 3S1
Canada
Phone: (902) 752-5151
Fax: (902) 755-7175

Port Hawkesbury

708 Reeves Street, Unit 3
Port Hawkesbury, NS B9A 2S1
Canada
Phone: (902) 625-1693
Fax: (902) 625-4091

Shelburne

Roseway Hospital
1606 Lake Road
Shelburne, NS B0T 1W0
Canada
Phone: (902) 875-2623
Fax: (902) 875-4502

Sydney Mines

7 Fraser Avenue

Middleton, NS B0S 1P0
Canada
Phone: (902) 825-3385
Fax: (902) 825-5118

New Germany

New Germany and Area Medical Centre
100 Varner Road
New Germany, NS B0R 1E0
Canada
Phone: (902) 644-2710
Fax: (902) 644-2710

New Waterford

New Waterford Consolidated Hospital
716 King Street
New Waterford, NS B1H 3Z5
Canada
Phone: (902) 862-2204
Fax: (902) 862-3155

Sheet Harbour

Eastern Shore Memorial Hospital
22637 Highway 7
Sheet Harbour, NS B0J 3B0
Canada
Phone: (902) 885-2470
Fax: (902) 885-4017

Sydney

235 Townsend Street
2nd Floor
Sydney, NS B1P 5E7
Canada
Phone: (902) 563-2400
Fax: (902) 563-0508

Truro

Colchester East Hants Health Centre

Sydney Mines, NS B1V 2B8
Canada
Phone: (902) 736-6245
Fax: (902) 736-7909

Windsor

Hants Community Hospital
89 Payzant Drive
Windsor, NS B0N 2T0
Canada
Phone: (902) 798-2264
Fax: (902) 798-5922

Yarmouth

Yarmouth Regional Hospital
60 Vancouver Street, 4th Floor, Building B
Yarmouth, NS B5A 2P4
Canada
Phone: (902) 742-7141
Fax: (902) 742-6062

600 Abenaki Road Level 1/Wing B
Truro, NS B2N 0C4
Canada
Phone: (902) 893-5820
Fax: (902) 893-5839

Wolfville

Eastern Kings Memorial Community Health
Centre
23 Earnscliffe Avenue
Wolfville, NS B4P 1X4
Canada
Phone: (902) 542-6310
Fax: (902) 542-6333