

TICK AWARENESS FIELD CARD

For Canadian Outdoor Crews

HSE Advisor Canada
hseadvisor.ca

IDENTIFY THE TICK

Black-legged tick (E & C Canada)
Dark brown/black · sesame seed size
Nymph = poppy seed — hard to see

LYME **ANAPLASMOSIS** **POWASSAN**

Western black-legged tick (BC)
Similar size · Pacific coast & interior BC

LYME

American dog tick (All regions)
Larger · brown with white markings

NOT a Lyme vector

REMOVE SAFELY

1. Fine-tipped tweezers — as close to skin as possible
2. Steady upward pressure — **no twisting**
3. Wash site with soap & water
4. Apply antiseptic
5. Save tick in sealed bag with damp cotton
6. Log: date, time & location on body

24-HOUR RULE (LYME)

Remove <24 hrs = low Lyme risk · Anaplasmosis: <12 hrs ·
Powassan: 15 min

WATCH 3–30 DAYS POST-BITE

Bullseye/expanding rash · fever · fatigue · joint pain → **See a doctor**
— **mention tick**

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