

May 1, 2019

TO: Municipalities

**Please share the following information with residents in your community:**

As part of this year's Lyme disease awareness campaign, the Eastern Ontario Health Unit (EOHU) is offering FREE tick removal cards to local residents.

The tick cards can make removing ticks that are attached to the skin easier, and can be carried in a wallet. They will be available starting May 1<sup>st</sup> at local EOHU offices, until supplies run out (limit one card per family).

The EOHU is also cautioning residents that populations of blacklegged ticks, which can spread Lyme disease to humans, are growing in locations across the five eastern counties. The EOHU region has known risk areas, where blacklegged ticks have been identified and where individuals have the potential to come into contact with infected ticks. More information about ticks and Lyme disease, including a map of Ontario's risk areas, can be found at [www.eohu.ca/lyme](http://www.eohu.ca/lyme).

We also remind you to encourage municipal and public employees to protect themselves against tick bites when working in or near woodlands, tall grasses or bushes. Precautions include wearing long-sleeved shirts, tucking pant legs into socks, and wearing insect repellent that contains DEET or Icaridin. Further information on how to prevent tick bites is available at [www.eohu.ca/lyme](http://www.eohu.ca/lyme).

Thank you for your collaboration in helping us to protect our community from Lyme disease.

Sincerely,



Linda Cléroux  
Program Manager, Vector-Borne Diseases



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[www.EOHU.ca](http://www.EOHU.ca) • 1 800 267-7120 • [www.BSEO.ca](http://www.BSEO.ca)

If you require this information in an alternate format, please call 1 800 267-7120 and press 0.

Si les renseignements sont requis dans un autre format, veuillez appeler au 1 800 267-7120 et faire le 0.