



# Heartland Health Region

*Healthy People, Healthy Communities, and Service Excellence in an Enduring Health System.*

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**HealthLine**  
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## NEWS RELEASE

For Immediate Release

Date: June 2, 2011

### **Protect Yourself from Ticks This Summer**

*Avoiding Ticks Can Reduce Your Risk of Lyme Disease*

**The risk for Lyme disease in Saskatchewan is very low, it is not zero.**

Lyme disease is a rare disease of humans, wildlife, and domestic animals and is usually transferred by ticks. Ticks are present throughout Saskatchewan, living in tall grass and wooded areas, and tick bites should be treated with care and caution.

Dr. David Torr, Consulting Medical Health Officer for the Heartland and Cypress Health Regions reiterates that “though the risk for Lyme disease in Saskatchewan is very low, it is not zero. Prevention is better than cure or being unsure, so take the proper precautions this spring, summer, and fall to avoid insect bites including those from ticks”.

Lyme Disease is one disease that ticks can carry and transfer to humans and is caused by a bacterium called *Borrelia burgdorferi*. Though the risk of getting Lyme disease in Saskatchewan is low, it is not zero. The province of Saskatchewan maintains a surveillance system to monitor all ticks in the province with many hundreds sent in each year for disease testing.

If you have been bitten by a tick you should remove it promptly with fine-tipped tweezers and save the tick in a double freezer bag or pill bottle. It is recommended that you keep the tick so that it can be sent in for testing of disease should you develop symptoms.

If you develop symptoms suggestive of Lyme disease after a tick bite, such as rash or fever, be sure to consult your doctor.

For more information on Lyme disease please visit [www.health.gov.sk.ca/lyme-disease](http://www.health.gov.sk.ca/lyme-disease) or contact your local Public Health office.

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