

OUR VIEW

Don't let ticks ruin your summer

With summer now officially here, you may be wondering how best to protect yourself from the growing threat of Lyme disease.

Since 2009, the government has seen the tick population continue to grow, leading to more and more confirmed cases of Lyme disease.

In 2009, there were 144 cases, compared to 2016 where 987 cases of Lyme disease were confirmed.

Locally, regional health officials have been conducting 'tick dragging' in several communities to identify the presence of ticks.

Tick-dragging is a proactive surveillance method which consists of dragging a white flannel cloth over and around areas where ticks may be present (long grasses, forested areas, etc.).

If any ticks are found, they are taken for testing to determine if they carry the bacteria that causes Lyme disease.

Although most regions tend not to provide specific locations of where ticks have been discovered, out of concern people will avoid certain areas. Testing has occurred along the Bruce Trail, a highly-trafficked trail.

But this doesn't mean you have to put your summer plans on hold for hiking and enjoying the outdoors. You just have to take precautions.

As black-legged ticks are most often found in forests and overgrown areas between woods and open spaces, here are some tips to keep in mind:

- Wear light-coloured, long-sleeved shirts and pants to spot ticks more easily.

- Tuck your shirt into your pants, and pull your socks over your pant legs.

- Use bug spray containing DEET or Icaridin on your skin and clothing.

- Walk on cleared paths or walkways.

- Shower or bathe within two hours of being outdoors to facilitate a prompt tick check and to remove ticks that have not attached yet.

- Do a daily full-body check for ticks on yourself and your children, especially in the hair, under the arms, in and around the ears, inside the belly button, behind the knees, between the legs, and around the waist.

- If you find an attached tick, remove it with tweezers immediately. Removing it within 24-36 hours can help prevent infection.

- Do a tick check on your outdoor gear and your pets as they could carry ticks inside your home.

- If you find a tick on your skin or clothing, make sure to remove it carefully and report it to your local health unit for testing.

For more information on ticks and Lyme disease, visit Canada.ca/LymeDisease/



LETTERS & COMMENTARY

Thank you for the love and support

The spirit of love, support, and acceptance is alive and well in Georgetown and my heart is so full witnessing it on June 22 at the St. Brigid Grade 8 graduation.

My daughter Kealyn has a developmental delay and has attended St. Brigid for the past 10 years, alongside many of her peers that graduated with her.

The love I felt from the entire community for my daughter at her Grade 8 graduation was overwhelming, from the loud cheers for Kealyn's walk across the stage to such beautiful words spoken by her friend Lauren when she presented Kealyn with the Spirit of In-

● MORE ONLINE

See all our published letters to the editor online at theifp.ca

clusion Award, at which point the entire St. Brigid community stood and cheered. I shed many a happy tear.

There are five ladies (probably more) at St. Brigid who have worked with Kealyn for these past 10 years and have been monumental in developing and teaching my daughter: Mrs. Shippel, Mrs. McCallion, Mrs. Scott, Mrs. Klack, and Mrs. Lazzara.

From the bottom of my heart, I thank you all for the passion you have for teaching and the love and support you have provided Kealyn. You have each

been instrumental in her development and I am forever grateful.

To the Grade 8 students of St. Brigid, thank you to each and everyone of you who made a difference in Kealyn's life. Thank you to Lauren W. for your friendship and kindness and Reagan C. for being Kealyn's guardian angel.

As the saying goes, "it takes a village to raise a child", and both my husband and I are happy we chose Georgetown to raise our family. Thank you, Georgetown community.

Jean Cherwaiko

Re: Blaming Trevor, firefighters, serves no purpose

Blaming Trevor, the man who murdered his

wife, it does serve a purpose.

Trying to heal from the murder of a family member and knowing that the story of what actually happened is a lie, is asking too much. Getting the truth out there will help with the healing process. It gives closure.

Gayle Maich,
Facebook comment

This is so beautifully written. My heart and condolences go out to everyone affected by this tragedy.

Louise Johnston Fusco
Facebook comment

● GET CONNECTED

Got something to say? Email your letter to newsroom@theifp.ca

CONTACT US

The Independent & Free Press
280 Guelph Street, Unit 77
Georgetown, ON L7G 4B1
Phone: 905-873-0301
Classifieds: 905-234-1016
Fax: 905-873-0398

Letters to the editor
All letters must be fewer than 200 words and include your name and telephone number for verification purposes. We reserve the right to edit, condense or reject letters.

Delivery
For all delivery inquiries, please e-mail ssoles@metroland.com or call 905-234-1019.



Publisher
Neil Oliver
General Manager
Steve Foreman
Retail Advertising Manager
Cindi Campbell

WHO WE ARE

Regional Managing Editor
Chris Vernon
Regional Managing Digital Editor
Robyn Wilkinson
Distribution Representative
Iouliana Polar

Classified/Real Estate
Kristie Pells
Regional Production Manager
Manuel Garcia
Production
Shelli Harrison

ABOUT US



The Georgetown Independent & Free Press, published every Thursday, is a division of the Metroland Media Group Ltd., a wholly-owned subsidiary of Torstar Corporation. The Metroland family of newspapers is comprised of more than 100 community publications across Ontario.



The Independent & Free Press is a member of the National NewsMedia Council. Complainants are urged to bring their concerns to the attention of the newspaper and, if not satisfied, write The National NewsMedia Council, Suite 200, 890 Yonge St., Toronto, ON M4W 2H2. Phone: 416-340-1981 Web: www.mediacouncil.ca



newsroom@theifp.ca
[IndependentAndFreePress](https://www.facebook.com/IndependentAndFreePress)
[@IFP_11](https://twitter.com/IFP_11)