

HOW HALTON RESIDENTS CAN PROTECT THEMSELVES FROM TICK BITES

MELANIE HENNESSEY
mhennessey@
metroland.com

May is Lyme Disease Awareness Month - a devastating condition that can set in after being bit by an infected blacklegged tick.

With Halton Region now being identified as an estimated risk area for Lyme disease by Public Health Ontario, here's what you need to know before enjoying the great outdoors this spring and summer.

The Halton Region Health Department recommends that you:

- Avoid known tick areas (such as wooded, brushy or tall grass areas) if possible and stay on trails when outdoors.

- Cover up by wearing long-sleeved, light-coloured shirts and pants with tightly woven fabric.

- Tuck your shirt into your pants, and your pant legs into your socks to keep ticks away from your bare skin.

- Wear shoes that cover your entire foot, avoiding sandals or open shoes.

- Spray clothing and exposed skin with an insect repellent containing DEET or icaridin.

- Check your clothing and body for any ticks after spending time outdoors, especially around the groin, armpits and hairline. Carefully remove any ticks from yourself or a family member.

- Check your pets regularly for ticks as they could carry ticks inside your home.

"Like many municipalities throughout Ontario, most of Halton is considered a risk area for ticks and Lyme disease," said Dr. Hamidah Meghani, Halton



Torstar file photo

Halton Region has been identified for the first time this year as an estimated risk area for Lyme disease.

Region's medical officer of health. "While the risk remains low, residents should be aware of areas where ticks may be present and how to protect themselves and their families from tick bites."

According to Lyme Ontario, early symptoms of infection can include flu-like symptoms such as: Fever, headache, fatigue, nausea, muscle aches, jaw pain, stiff neck and sore or swollen joints, swollen

glands, red eyes and possibly a bull's-eye rash.

Lyme Ontario will soon host its fourth annual Walk for Hope in Burlington to raise awareness about the bacterial infection. The event, which in-

REMOVING A TICK

Use fine-tip tweezers to grasp the tick's head and mouth parts as close to your skin as possible.. Slowly pull straight out until the tick is removed.. Be careful not to twist or crush the tick during removal as this increases the risk of infection.. Store the tick in a sealed, dry container and save to submit to the Halton Region Health Department for testing.

After removing the tick, use soap and water to wash the area of the bite. See your doctor or health-care provider right away if you have been bitten by a tick or develop symptoms consistent with Lyme disease.

cludes a one or five-kilometre walk, is set for May 25 at Beachway Park, with registration at 10:30 a.m. and the walk at 11 a.m.

For more information visit lymeontario.com and halton.ca.

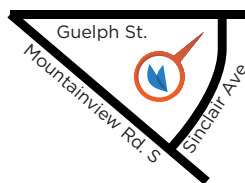
**STOP PAYING
TOO MUCH
FOR DATA.**

**BIG
GIG** | **10GB
FOR
\$50** */MO.
DATA PLANS | **ON FAST LTE**

*With Digital Discount. Conditions apply.

freedommobile.ca

Freedom
mobile
Authorized Dealer



Georgetown Market Place

280 Guelph St. Unit 3A
Georgetown, ON
L7G 4B1
289.428.1139

Digital Discount promotion is subject to change or cancellation without notice. To be eligible to receive the \$5/month Digital Discount, you must (i) be subscribed to a Prepaid or Postpaid line on an "Eligible Plan" (any of our current in-market plans), (ii) sign up for Auto Pay (pre-authorized payments), (iii) have an active and valid Auto Pay method on file, and (iv) redeem the "Digital Discount" promo code at a Freedom Mobile retail location or through your My Account. The promo code can only be applied once to each eligible line. A \$5 monthly discount will start to be applied on your next top-up date following promo code redemption (for Prepaid customers), or on your next bill following promo code redemption (for Postpaid customers). Postpaid customers must complete the above eligibility requirements on the same day you activate your Eligible Plan to ensure the discount is received on your first/next bill. If you are not eligible for the promotion during any month, that monthly discount will be entirely forfeited and cannot be made up. If you qualify for the discount in the months following the ineligible month, you will receive the discount in those subsequent months. Movement between Eligible Plans will not result in the loss of the monthly discount. Your service will no longer be eligible for the discount if you: (a) Change your rate plan to a non-Eligible Plan, or (b) Port your number away from Freedom Mobile. All Freedom Mobile services are subject to our Terms of Service, Fair Usage Policy and Privacy Policy located at freedommobile.ca. Applicable taxes extra. The Freedom Mobile name and logos and other words, titles, phrases, marks, logos, icons, graphics are trademarks of, or are used under license by, Freedom Mobile Inc.