
From: Marie-Pierre Chappeland [mailto:Marie-Pierre.Chappeland@gov.ab.ca]

Sent: April 25, 2017 3:11 PM

To: Undisclosed recipients:

Subject: Tick awareness



Notwithstanding the snow currently on the ground, we're getting into tick season. So here is a timely reminder: If you find a tick on yourself (whether on your clothing or already attached to your skin), you can take it to an Alberta Health Centre for analysis. Here are the steps to follow:

1. **Call AHS** Public Health section (see contact list below for the location closest to you)
2. Ask to speak to the **Health Inspector** on duty. If he/she is right there, they will ask you a number of questions. They will **fill in a form** with your responses and invite you to **bring in the tick**.
3. If the Inspector is not there, you will be asked to call again when they are back.

NOTE: ticks can only be tended in when a Health Officer is there to take them, and after you've given him/her all the pertinent information.

Best-case scenario, it may not take any more than ten minutes of your time, as recently experienced by one of our Volunteers.

For full details and reminders on how to best avoid the little pests in the first place, go to:

<http://www.health.alberta.ca/documents/Tick-Submit-a-tick-Program-Handout.pdf> or
<http://www.health.alberta.ca/health-info/lyme-disease.html>

Calgary Zone

- **Airdrie Regional Health Centre**
604 Main Street S, Airdrie, Alberta T4B 3K7; 403-912-8400
- **Banff Community Health Centre**
303 Lynx Street, Banff, Alberta T1L 1B3; 403-762-2990
- **Canmore Provincial Building**
800 Railway Avenue, Canmore, Alberta T1W 1P1; 403-678-5656
- **Chestermere Community Health Centre**
288 Kinniburgh Boulevard, Chestermere, Alberta T1X 0V8; 403-365-5400
- **Claresholm Community Health Centre**
5221 2 Street West, Claresholm, Alberta T0L 0T0; 403-625-4061
- **Cochrane Community Health Centre**
60 Grande Boulevard, Cochrane, Alberta T4C 0S4; 403-851-6000
- **Okotoks Health and Wellness Centre**
11 Cimarron Common, Okotoks, Alberta T1S 2E9; 403-995-2600
- **Southland Park III – Main Reception**
10301 Southport Lane SW, Calgary, Alberta T2W 3N2; 403-943-2400
- **Strathmore Public Health Office**
650 Westchester Road, Strathmore, Alberta T1P 1H8; 403-361-7200

And if you're curious about the life cycle of deer tick, there is a lot of good info online, including this great illustration:

<http://www.mainlyticks.com/images/PTMe-Life-cycle-102010.jpg>

Very best,
MP



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