

Health & Safety

Course Title: How to Avoid Tick Bites and be Safe

Learning Objectives

By the end of this module, you will be able to:

1. Identify the common disease-causing tick species in Canada
2. Identify the outdoor areas where ticks can be found
3. Restate what causes Lyme disease and how to prevent it
4. Apply the preventive measures to avoid a tick bite
5. Take safety action if you are bitten by a tick




Structure and Alignment



#	Sections	Learning Objectives Covered	Activities/Assessments
1	Introduction	NA	NA
2	Know about the ticks	1,2,3	Knowledge Check
3	Plan before you leave	4	Knowledge Check
4	Perform a tick-check after returning indoor	5	Knowledge Check
5	Myth vs. Facts	NA	NA
6.	Summary	NA	NA
7.	Knowledge Checks	NA	NA


#	Screen type	On-screen text	Graphics and interactivity notes	Script for voice over
Section 1: Introduction				
1.1	Image and text	<p>When it comes to spending time outdoors in the warm weather, be it during the field work or taking a hike in one of your local trails, it is important to be aware of the organisms that may waiting out there to cause health risks to you or your family. In this course, we will learn about ticks and how to take precautions against them.</p> <p>Click Next to proceed.</p>	<p>Image of people or field workers going outdoors</p> <p>Next button</p>	<p>When it comes to spending time outdoors in the warm weather, be it during the field work or taking a hike in one of your local trails, it is important to be aware of the organisms that may waiting out there to cause health risks to you or your family. In this course, we will learn about ticks and how to take precautions against them.</p> <p>Click Next to proceed.</p>
1.2	Image and text	<p>By the end of this module, you will be able to:</p> <ol style="list-style-type: none"> 1. Identify the common species of disease-causing ticks in Canada 2. Identify outdoor areas where ticks can be found 3. Restate what causes Lyme disease and how to prevent it 4. Apply the preventive measures to avoid a tick bite 5. Take safety action if you are bitten by a tick 	<p>Image of outdoors; can also be the same image as previous screen.</p> <p>Next button</p>	<p>By the end of this module, you will be able to:</p> <ol style="list-style-type: none"> 1. Identify the common species of disease-causing ticks in Canada 2. Identify outdoor areas where ticks can be found







				3. Restate what causes Lyme disease and how to prevent it 4. Apply the preventive measures to avoid a tick bite 5. Take safety action if you are bitten by a tick
1.3	Learning path - Home page	Click on each stop to explore further. 1. Know About Ticks 2. Plan Before You Leave 3. Checking for Ticks 4. Myth vs. Facts [The following instruction text to appear after all the four stops have been visited] Click the Next button to go to course summary.	Image of a grassy outdoor area, a travel path with four stops: 1. Know About Ticks 2. Plan Before You Leave 3. Checking for Ticks 4. Myth vs. Facts The stops are buttons that lead to different sections. The navigation should be linear throughout the course. Stop #1 should be the only active button on first visit and other stop buttons will remain inactive. Stop #2 should be active after completion of section #1.	This is your learning path for this course. Click on each stop to explore further.




			<p>Similarly, stop #3 to be active after completion of section 2 and stop #4 to be active after completion of section 3.</p> <p>When all four stops are visited, the “Next” button should appear which takes to the Summary section.</p>	
Section 2: Know About Ticks				
2.1	Animated video		Vyond animation as per the script	<p>What are ticks? Chances are you have probably spotted a few of them on you or probably on your dog. Are they harmful? The answer is yes. They are nasty outdoor critters and can cause diseases to humans such as the Lyme disease. Knowing about them helps us to identify the disease-causing ticks and take precautions to avoid being sick.</p>


2.2	Text and image	<p>What are ticks?</p> <ul style="list-style-type: none"> ○ Ticks are arachnids like spiders and scorpions. ○ The nymphs and adult ticks have eight legs, unlike insects who have six legs. ○ Some ticks can cause diseases to humans such as Lyme disease. 		<p>Ticks are arachnids like spiders and scorpions. The nymphs and adult ticks have eight legs, unlike insects who have six legs. Some ticks can cause diseases to humans such as Lyme disease.</p>
2.3	Click and reveal information	<p>Two common species of ticks that bite human:</p> <ol style="list-style-type: none"> 1. American Dog Tick 2. Blacklegged Tick <p>Only one of them causes Lyme disease. Can you guess which one?</p> <p><i>Click each of the boxes above for more information.</i></p>	<p>Interactive boxes (hotspots) – clicking on the boxes will open more information about them on new layers.</p> 	<p>Two common species of ticks that bite human:</p> <ol style="list-style-type: none"> 1. American Dog Tick 2. Blacklegged Tick <p>Only one of them causes Lyme disease. Can you guess which one?</p> <p><i>Click each of the boxes above for more information.</i></p>
2.3.1	American Dog Tick layer	<ol style="list-style-type: none"> 1. American dog tick is more common 2. <i>Does NOT transmit Lyme disease</i> 		<p>American dog tick is more common. It does NOT transmit</p>

		3. Identifying feature – white patterns on its back		Lyme disease. The identifying feature is the white patterns on its back.
2.3. 2	Blacklegged Tick	<ol style="list-style-type: none"> 1. Blacklegged tick is less common 2. Transmits Lyme disease 3. Identifying feature – distinct ring around the base of its scutum. 		Blacklegged tick is less common than American dog tick. It transmits Lyme disease and it's identifying feature is the distinct ring around the base of its scutum.
2.4	Image and text	<p>Why do you need to identify the ticks?</p> <p>Identifying tick species is important for several reasons, the most important of which is figuring out what pathogens a tick may carry and transmit. While it's typically much easier to identify an adult tick, immature ticks can also transmit diseases and difficult to spot.</p>	Image that suggests thinking.	Identifying tick species is important for several reasons, the most important of which is figuring out what pathogens a tick may carry and transmit. While it's typically much easier to identify an adult tick, immature ticks can also transmit diseases and difficult to spot.
2.5	Image and text	<p>Blacklegged Ticks cause Lyme disease</p> <p>Generally, people become infected through nymph bites. Nymphs are about the size of a poppy seed. Adult ticks can also transmit it,</p>		In terms of health and safety, the real concern is obviously going to be black legged ticks, due to the fact that they

		however, and are about the size of a sesame seed. Bites are painless.		<p>carry Lyme disease. They transfer Lyme disease through bites. And it can be transferred at either the nymphs or adult phases.</p> <p>The most transmissions occur from nymphs. They are about the size of a poppy seed, where the adults are closer to a sesame seed. They do get quite gorged while they're feeding.</p>
2.5	Drag and drop activity	<p>How Big are the Ticks?</p> <p>Drag the tick icon up along the dots which represent the various stages in the lifecycle of a blacklegged tick and view its different stages. A measuring scale given on the right-hand side of the screen will help you to compare its size.</p> <ul style="list-style-type: none"> Engorged - A fully engorged tick is about 10 mm in size and lighter in colour. Adult female - The adult female is about 2.5 mm in size, about the size of a sesame seed. Adult male - The adult male is about 2.0 mm in size. 	<p>Drag the tick icon up along the red dots which represent the various stages in the lifecycle of a blacklegged tick to view its different stages. A measuring scale given on the right-hand side of the screen will help you to compare its size.</p>  <p>Vertical slider interactivity – use a tick icon as the slider thumb. The dots are the steps.</p>	<p>Drag the tick icon up vertically along the dots which represent the various stages in the lifecycle of a blacklegged tick and view its different stages. A measuring scale given on the right-hand side of the screen will help you to compare its size.</p>



		<ul style="list-style-type: none"> Nymph - The nymph is 1.0 mm in size, about the size of a poppy seed. Larva - The larva is 0.5 mm in size. They have only six legs at this stage. 	<p>More information and respective image will pop up at each step.</p> <p>Engorged</p>  <p>Adult female</p>  <p>Adult male</p>  <p>Nymph</p>  <p>Larva</p> 	
2.3	Image and text	<p>When can you expect to find ticks?</p> <p>Ticks are most active in spring and summer but can be found at any time of the year when the temperature is above freezing.</p>	<p>Nature image of summer/spring time.</p> 	<p>Ticks are most active in spring and summer but can be found at any time of the year when the</p>


				temperature is above freezing.
2.4	Image and text	<p>Where can you likely expect ticks?</p> <ul style="list-style-type: none"> • Understory Vegetated Areas in Forests • Tall Grass Areas in Low-lying Areas and Near Watercourses <p>Blacklegged ticks are most often found in wooded or forested areas, in leaf litter or on shrubs and tall grass in some parts of Canada. Blacklegged ticks in at risk areas of southeastern and south-central Canada are more commonly infected.</p>	 <p>Understory Vegetated Areas in Forests</p>  <p>Tall Grass Areas in Low-lying Areas and Near Watercourses</p>	<p>Ticks are fairly generalist, they're not too picky with where they want to live. Two of the best places to find them, would be in grassy fields and dense undergrowth of forest. Blacklegged ticks are most often found in wooded or forested areas, in leaf litter or on shrubs and tall grass in some parts of Canada. Blacklegged ticks in at risk areas of southeastern and south-central Canada are more commonly infected.</p>
2.6	Image and text	<p>Lyme Disease</p> <p>Lyme disease is an infectious disease spread through the bite of infected ticks, caused by the bacteria called <i>Borrelia burgdorferi</i>. There are two types of ticks that can spread Lyme disease in Canada:</p>		<p>Lyme disease is an infectious disease spread through the bite of infected ticks, caused by the bacteria called <i>Borrelia burgdorferi</i>.</p>


		<ol style="list-style-type: none"> 1. <u>blacklegged tick</u> (or deer tick, <i>Ixodes scapularis</i>) in southeastern and south-central regions of Canada 2. western blacklegged tick (<i>Ixodes pacificus</i>) in British Columbia 	<p>Blacklegged or deer tick, (<i>Ixodes scapularis</i>) in southeastern and south-central regions of Canada</p>  <p>Western blacklegged tick, (<i>Ixodes pacificus</i>) in British Columbia</p>	<p>There are two types of ticks that can spread Lyme disease in Canada. They are the blacklegged tick (or deer tick, found in southeastern and south-central regions of Canada, and the Western blacklegged tick found in British Columbia</p>
2.7	Image and text	<p>Symptoms</p> <p>In case you didn't notice the tick on you, you should be aware of what symptoms to look out for. FDA states a full 24 – 48 hrs is needed, some medical organizations (CDC) has shown it can occasionally be less than that.</p> <p>The symptoms of lyme disease:</p> <ul style="list-style-type: none"> • Typically occur 3 to 30 days after being bitten • Vary from person to person <p>Symptoms include:</p> <ul style="list-style-type: none"> • Rash (often bull's eye shaped) • Fever • Chills • Headache • Fatigue • Aching muscles and joints • Swollen lymph nodes 		<p>Sometimes you may be unsure if you're bitten or not. Knowing the symptoms will help you know when to see a doctor.</p> <p>They typically occur somewhere between three to 30 days after being bitten and they vary wildly from person to person. Some symptoms include a rash, often it's shaped like bullseye, fever, chills, headache,</p>



		<p>Long-term Symptoms include:</p> <ul style="list-style-type: none"> • Severe headaches • Facial paralysis • Joint Pain • Irregular heartbeat • Nervous system disorders <p>Treatment</p> <p>Most cases of Lyme disease can be effectively treated with 2 to 4 weeks of antibiotics. Learn more</p>		<p>fatigue, aching muscles and joints or swollen lymph node nodes. If not treated, Lyme disease can cause severe headaches, facial paralysis, joint pain, irregular heartbeat, and a whole number of nervous system disorders. Most cases of Lyme disease can be effectively treated with 2 to 4 weeks of antibiotics. Click on the Learn more link to find out more information about the treatment.</p>
2.8	Text	<p>You have completed the section Know About Ticks. Click the Next button to return to your learning path.</p>	<p>Next button takes to the home screen</p>	<p>You have completed the section Know About Ticks. Click the Next button to return to your learning path.</p>
Section 3: Plan before you leave				
3.1	Animated video	<p>The best way to avoid any health and safety issues is to prevent them from causing:</p> <ol style="list-style-type: none"> 1. Avoid walking through areas where ticks are likely to be found. 2. Use a bug spray with DEET or Icaridin. 	<p>Vyond animation as per the script</p>	<p>Before you go outdoors for a field work or on a walk with your dog in one of your local trails, it</p>



		<ol style="list-style-type: none"> 3. Limit skin exposure - tuck your shirt in, pull socks up over pant legs, wear closed-toe shoes. 4. Wear light-colored long-sleeved shirts and pants. 5. Carry with you fine-tweezers, sealed containers, bugs spray, and an alcohol-based sanitizer. 		<p>is always good to take some precautions to avoid getting tick bites. Better safe than sorry, right?</p> <p>Ticks are one of the nasty critters that may pose health risks like Lyme disease and you surely would want to avoid it. You can prevent yourself from attracting ticks by avoiding areas where ticks are likely to be found. Use a DEET bug-spray to keep them at bay. Limit your skin exposure - tuck your shirt in, pull socks up over pant legs, and wear closed-toe shoes. Light-colored clothes will help you to spot ticks if you get them. Carry with you fine-tweezers to pull out ticks if you get any and clean the area</p>
--	--	--	--	--

				with an alcohol-based sanitizer.
3.2	Activity – drag and drop	<p>What should you carry?</p> <p>Drag the items that you want to carry with you for safety from ticks into the bag. Click the Continue button after you have collected all the essential items.</p> <p>Drop target - Image of a backpack</p> <p>Drag items –</p> <p>Right answers</p> <ul style="list-style-type: none"> • Tweezers • sealed containers, • bugs spray with DEET or Icaridin, • alcohol-based sanitizer <p>Wrong answers:</p> <ul style="list-style-type: none"> • Vaseline • Perfume <p><i>[Text for Feedback layers]</i></p> <ul style="list-style-type: none"> • Fine tweezers - Fine tweezers will be useful to remove a tick from your skin in case you get one. • petroleum jelly - Applying petroleum jelly will only make it worse for pulling the tick out from your skin. • perfume - Ticks don't react to perfume sprays; not recommended to carry. • bug's spray - Using a bug's spray with DEET or Icaridin will surely keep the ticks at bay. 	<p>Drag items:</p>  <p>Drop target:</p>  <p>Show feedback after each item is dropped. Allow only the right answer items to be dropped into the target. The wrong items go back to its place after the feedback is shown.</p>	<p>Drag the items that you want to carry with you for safety from ticks into the bag. Click the Continue button after you have collected all the essential items.</p>

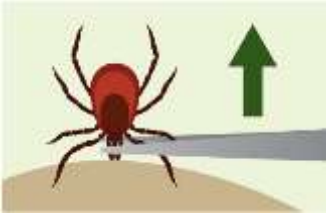
		<ul style="list-style-type: none"> • sanitizer - You will need an alcohol-based sanitizer to wash the area after the removal of a tick from your skin. • empty container - An empty container is useful for storing the ticks after removing them from your skin when you get bitten. You can take the container with you if you go to a health care provider. <p><i>[Show the following text when all correct items are dropped into the target]</i></p> <p>Good job! You have collected all the essential items you may need to keep yourself safe from ticks. Click Next to proceed.</p> <p><i>[Show the following text when all correct items have NOT been dropped into the target]</i></p> <p>Aren't you missing something? Try again.</p>		
3.3	Drag and drop activity	<p>What Should You Wear?</p> <p>Drag the item of your choice and drop it on the person icon.</p> <p>Feedback:</p> <ul style="list-style-type: none"> • Long-sleeve shirt, full pants, both in dark color – You have less chance to getting a tick-bite due to minimum skin exposure. However, if a tick crawls on your shirt, it may be difficult for you to spot due to its dark color. 	<p>Drag items</p>  <p>Drop target</p>	<p>What should you wear for tick safety? Drag the item of your choice and drop it on the person icon.</p>

		<ul style="list-style-type: none"> • Short-sleeve shirt, half-pants, both in light color – A light-colored shirt helps you to spot any tick crawling on it. But your exposed skin gives easy access to the ticks to bite. • Short-sleeve shirt, half-pants, both in dark color – Exposed skin gives easy access to the ticks to bite. If a tick is crawling on your shirt, it may be difficult for you to spot on a dark-colored cloth. • Long-sleeve shirt, full pants, both in light color – Good choice! You are more protected due to your light-coloured and covered clothing. 	 <p>The learner is able to move forward only after the right answer.</p>	
3.4	Text in a box	You have completed the section Plan Before You Leave . Click the Next button to return to your learning path.	Next button takes to the home screen	You have completed the section Plan Before You Leave. Click the Next button to return to your learning path.
Section 4: Checking for Ticks				
4.1	Animated video		Vyond animation	Despite all the precautions, there are still chances that you can get a tick on you. They are so stealthy that you might not even realize that it has got you. It is always recommended to

				take some tick-safety measures after you return home from outdoors. Clean yourself, your clothes, and check yourself for ticks. If you find any on your skin, safely remove it and you should be good.
4.2	Click and reveal	<p>Follow the three tick-safety measures after you return from the outdoors.</p> <p><i>Click on each of the three items for more information.</i></p> <ol style="list-style-type: none"> 1. Shower soon after returning indoors. 2. Check your body for ticks after being outdoors. 3. Check your clothing for ticks and put them out in the dryer. 	<p>Make the icons clickable which will open more information on separate layers.</p> <p>1</p>  <p>2</p>  <p>3</p>	<p>Follow the three tick-safety measures after you return from the outdoors.</p> <p>Click on each of the three items for more information.</p>

				
4.2.1		<p>1. Shower soon after returning indoors. Shower within two hours of coming indoors to reduce your risk of getting Lyme disease and other tickborne diseases. Showering may help wash off unattached ticks and it is a good opportunity to do a tick check.</p>	Shower image	<p>Shower soon after returning indoors. Shower within two hours of coming indoors to reduce your risk of getting Lyme disease and other tickborne diseases. Showering may help wash off unattached ticks and it is a good opportunity to do a tick check.</p>
4.2.2	interactive	<p>2. Check your body for ticks after being outdoors. Use a hand-held or full-length mirror to view all parts of your body. Ticks are more likely to be found in the following areas.</p> <p><i>Hover over each circle for more information.</i></p> <ul style="list-style-type: none"> • Under the arms • In and around the ears • Inside belly button • Back of the knees • In and around the hair • Between the legs • Around the waist 	 <p>Hover to reveal information</p>	<p>(2) Doing a full body tech check behind knees on your head or in your hair. Basically any warm area, they are more likely to be found.</p>

4.2.3	Click and reveal	<p>3. Check your clothing for ticks and put them out in the dryer. Ticks can ride into the home on clothing, daypacks, and pets, then attach to a person later, so carefully examine your bags and pets as well. Tumble dry clothes in a dryer on high heat for 10 minutes to kill ticks on dry clothing after you come indoors. If the clothes are damp, additional time may be needed. If the clothes require washing first, use hot water; cold and medium temperature water cannot kill ticks.</p>	Laundry image	(3) And putting your clothes in the dryer on high for 10 minutes would remove any ticks that have been staying in your clothes after your day out
4.5	Activity	<p>During your tick-check, you noticed that you have a tick attached to your skin. What should you do? Select the correct answer.</p> <ul style="list-style-type: none"> A. Use fine-point tweezers to remove the tick. B. Pull it out immediately with your fingers or nails and throw away. C. Squeeze it and pull it out. D. Apply bug spray on it. E. Do nothing. <p>Correct answer: A</p>		During your tick-check, you noticed that you have a tick attached to your skin. What should you do? Select the correct answer.

4.6	Interactive or animated	<p>How to Remove Tick From Your Skin?</p> <p>Steps</p> <ol style="list-style-type: none"> 1. Carefully pull it out <ul style="list-style-type: none"> • Use clean, fine – point tweezers or a tick-puller (or a tick key) to remove the tick. • Grasp the head as close to your skin as possible • Slowly pull straight out, try not to twist or squeeze 2. Wash the bite area with soap and water or alcohol-based sanitizer 3. Keep the tick in a closed container and bring it with you if you go to a health care provider <p><i>Tip: VOC vials make great tick storage containers.</i></p>	<p>(may be an animated video)</p> 	<p>If you have been bitten, the best thing to do is to remove the tick. You do that using either a pair of fine point tweezers or tick key if you have them. You would grasp the head as close to your skin as possible and slowly pull straight out. Don't you try to burn them off or use chemicals or crush them or anything like that, because it can just end you could end up squeezing their internals into you and get Lyme disease. After that, wash the area with soap and water and keep the tick in a closed container and bring it with you if you go to a health care provider. The clear VOC vials for EDR work are great</p>
-----	-------------------------	---	---	--

				containers to store them in.
4.7	Text in a box	You have completed the section Checking for Ticks . Click the Next button to return to your learning path.	Next button takes to the home screen	You have completed the section Checking for Ticks. Click the Next button to return to your learning path.
Section 5: Myth vs Fact				
5.1	text	Can you identify some common misinformation from real facts about ticks? Click Next to take the challenge.		Can you identify some common misinformation from real facts about ticks? Click Next to take the challenge.
5.2	Activity – Single choice question	Choose your response. 1. Ticks are insects. ○ Myth ○ Fact Correct answer: Myth Feedback: Commonly misidentified as an insect , a tick is not an insect but an arthropod. While insects possess three segmented body regions, six legs, and generally have wings, a tick lacks wings, only possesses two body regions, and has eight legs after reaching full maturity.		

5.3	Activity	<p>2. Ticks can jump onto you.</p> <ul style="list-style-type: none"> ○ Myth ○ Fact <p>Correct answer: Myth</p> <p>Ticks cannot jump or fly onto you, but they can drop from the edge of low-hanging tree branches.</p>		
5.4	Activity	<p>3. If you leave a tick in, it will lay eggs inside you.</p> <ul style="list-style-type: none"> ○ Myth ○ Fact <p>Correct answer: Myth</p> <p>Ticks do NOT lay eggs either inside or on a host. Eggs are laid on the ground in soil and leaf litter, or around the nesting/roosting areas of their hosts.</p>		
5.5	Activity	<p>4. Taking off a tick with your fingers is the best method of getting it off your skin.</p> <ul style="list-style-type: none"> ○ Myth ○ Fact <p>Correct answer: Myth</p> <p>Using your fingers for tick removal is likely to compress the body of the tick, forcing fluids (saliva and gut contents) into the bloodstream of the person or animal it is attached to. If these fluids contain disease-causing organisms, this can significantly increase the likelihood of a</p>		

		<p>serious resulting infection. A tick should NOT be handled with bare hands as certain disease-causing organisms can enter through breaks in the skin or mucous membranes.</p> <p>The best way to remove a tick from your or your pet's skin is by using a tweezer.</p>		
5.6	Activity	<p>5. You cannot feel a tick bite.</p> <ul style="list-style-type: none"> ○ Myth ○ Fact <p>Correct answer: Fact</p> <p>That's true. Majority of people aren't ever aware they've been bitten until they do a thorough tick check in the shower. Ticks secrete an anesthetic compound that makes the animals they bite unaware they are being bitten (or fed on).</p>		
5.7	Text in a box	<p>You have completed the section Myth vs Fact. Click the Next button to return to your learning path.</p>	<p>Next button takes to the home screen</p>	<p>You have completed the section Myth vs Fact. Click the Next button to return to your learning path.</p>
Section 6: Wrap-up and key points				
6.1	Text	<p>Course Summary</p> <p>In this course, we have learnt:</p> <ul style="list-style-type: none"> • how to identify the common species of disease-causing ticks in Canada, • how to recognize the outdoor areas where ticks can be found, • what causes Lyme disease and how to prevent it, 		<p>In this course, we have learnt, how to identify the common species of disease-causing ticks in Canada, how to recognize the outdoor areas where ticks can be</p>

		<ul style="list-style-type: none"> • what preventive measures to take to avoid a tick bites, • what to do if you are bitten by tick. 		found, what causes Lyme disease and how to prevent it, what preventive measures to take to avoid a tick bites, and what to do if you are bitten by tick.
6.2	Interactive – click and reveal information .	<p>Key points to remember</p> <p>Click on the following icons for information.</p> <ol style="list-style-type: none"> 1. Tick bite is painless, but bite of a blacklegged tick can cause Lyme disease. 2. The best way to avoid any health and safety issues is prevention. 3. Wear light-colored long-sleeved shirts and pants. 4. Limit skin exposure - tuck your shirt in, pull socks up over pant legs, wear closed toe shoes. 5. Use a bug spray with DEET or Icaridin. 6. Avoid walking through areas where ticks are likely to be found. 7. Shower or bathe after being outdoors. 8. Do a full body tick check (behind knees, on head/in hair, in belly button, groin or underarm area, on back) after you return indoor. 9. Put clothes in a dryer on high for 10 minutes. 		Here are a few key points that you should remember.

		<p>10. If you are bitten, carefully remove it using clean fine tweezers or a tick key.</p> <p>11. If you have symptoms of Lyme disease, reach out to the public health officials.</p>		
6.2	Text	Have Questions? Reach out to the Health and Safety team or your local JH&S committee representative.	Add health and safety email id	<p>Thank you for participating in this course.</p> <p>If you have questions, reach out to the Health and Safety team or your local JH&S committee representative.</p>
6.3	Resource page	<p>Resources:</p> <ul style="list-style-type: none"> • Lyme disease Ontario.ca • https://www.canada.ca/en/public-health/services/diseases/lyme-disease/risk-lyme-disease.html • https://www2.gov.bc.ca/gov/content/industry/agriculture-seafood/animals-and-crops/plant-health/insects-and-plant-diseases/home-garden/ticks • Pamphlet: Enjoy the outdoors, without a tick - Canada.ca • https://www.mayoclinic.org/diseases-conditions/lyme-disease/symptoms-causes/syc-20374651 		

Section 7: Knowledge Check				
7.1	Multiple choice	<p>Which of the following can cause Lyme disease?</p> <p>Select as many as apply, then click Submit.</p> <ul style="list-style-type: none"> A. Western blacklegged tick B. Deer tick C. American dog tick <p>Correct answers: A and B</p>		
7.2	Multiple choice	<p>Which of the following are symptoms of Lyme disease?</p> <p>Select as many as apply, then click Submit.</p> <ul style="list-style-type: none"> A. Bull's eye shaped rash B. Fever C. Facial paralysis D. Headache E. Fatigue <p>Correct answers: All</p>		
7.3	Multiple choice	<p>What should you carry with you in the outdoors for safety from ticks?</p> <p>Select as many as apply, then click Submit.</p> <ul style="list-style-type: none"> A. Alcohol-based sanitizer B. Tweezers C. Bugs spray with DEET D. Lighter E. Petroleum jelly <p>Correct answers: A, B, C</p>		
7.4	Multiple choice	<p>Which are the places where ticks are likely to be found?</p> <p>Select as many as apply, then click Submit.</p>		

		<p>A. Understory vegetation areas in forests B. Tall grass areas near watercourses C. Lakes</p> <p>Correct answers: A and B</p>		
7.5	Multiple choice	<p>What will you do if you are bitten by a tick? Select your answer and click Submit.</p> <p>A. Apply petroleum jelly to loosen the tick from your skin. B. Pull out the tick using tweezers or a tick key and wash the area with alcohol-based sanitizer. C. Use bugs spray on the tick. D. Try to burn the tick.</p> <p>Correct answer: B</p>		