



TICKS & LYME DISEASE

Lyme Disease prevention at Camp Mini-Yo-We

At Camp Mini-Yo-We we value providing a safe and healthy experience for all of our guests and staff. We have been closely tracking with the Ontario Ministry of Health as it relates to ticks & Lyme disease. According to Ontario Public Health, the risk of Lyme disease-carrying ticks in Muskoka is very low. We will continue to follow this situation as it develops. This information sheet is designed to help our guests and staff understand ticks & Lyme disease.

WHAT ARE TICKS AND ARE THEY A PROBLEM AT CAMP MINI-YO-WE?

Ticks are small black-legged insects that live in woodland areas where there is tall grass or bushes.

To date we have not had any confirmed cases of ticks being reported at Camp Mini-Yo-We. This includes reports from our medical team or camper parents. While this may be the case, we are taking active steps to train staff about best practices in regards to protecting campers, checking for ticks, and knowing what to do in the case a tick is found. While we cannot guarantee campers will be exposed to ticks while in Muskoka we have not found this to be a problem in the past.

WHAT DOES LYME DISEASE HAVE TO DO WITH TICKS?

Ticks can carry the bacteria that causes Lyme disease which makes them a risk. Our medical team is always working to reduce the risks our campers face while they are at camp. We are in contact with the Ministry of Health and are taking the necessary precautions to train our staff and encourage campers to be “tick smart” while at camp.

Public Health Ontario has released a map that indicates areas in Ontario at risk for Lyme Disease which you can view online (see link to map at the bottom of the document). Muskoka, and specifically the area where Camp Mini-Yo-We is currently rated as a low risk area for Lyme Disease. While there may be some ticks, we are not at risk of those carrying Lyme disease.

WHAT IS CAMP MINI-YO-WE DOING TO PREVENT LYME DISEASE?

We recognize this is a real concern for parents and we are actively taking the following steps to ensure your campers are safe this summer:

- Encouraging appropriate clothing including close-toed shoes
- Providing and encouraging use of child-friendly insect repellent
- Encouraging “tick checks” after a period outdoors, hiking or in the forest
- Lots of showers and lake swims to wash off unattached insects

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WHAT HAPPENS IF A CAMPER IS FOUND WITH A TICK?

If a camper is found with a tick on them our staff are trained to respond with the following steps:

- Use fine-tipped tweezers to grasp the tick as close to the skin as possible
- Pull the tick straight out, gently but firmly, making sure to remove the entire tick (including the head)
- Do not squeeze the tick and avoid crushing the tick's body
- Place tick in a secure container, such as a screw-top bottle used for medication, and give the tick to your healthcare professional or local health unit
- Thoroughly clean the bite site with rubbing alcohol and/or soap and water

After the situation has been resolved the directors and/or medical team will reach out to the parents/guardians of the camper to let them know about the situation.

STILL HAVE QUESTIONS?

Feel free to contact our office anytime with questions! You can reach them at 705-385-2629 or by email at info@miniyowe.com.

ADDITIONAL RESOURCES OF LYME DISEASE & TICKS:

Here are additional resources with information you may find helpful:

- **Government of Canada: Lyme Disease Video “Stay Tick Free”:**
www.canada.ca/en/public-health/services/video/lyme-disease-stay-tick-free.html
- **Government of Canada: Lyme Disease Awareness Resources:**
<https://www.canada.ca/en/public-health/services/diseases/lyme-disease>
- **Public Health Ontario Lyme Risk Map:**
www.publichealthontario.ca/-/media/documents/lyme-disease-risk-area-map-2019.pdf?la=en

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