



Environmental Public Health Services
First Nations and Inuit Health Branch
981 Balmoral Street
Thunder Bay, ON P7B 0A6

July 24, 2020

Beth Boon, Special Advisor to Chief & Council
Gull Bay First Nation
1186 Memorial Avenue, Box 29100
Thunder Bay, ON P7B 6P9

Dear Beth Boon,

Re: Lyme Disease and West Nile Virus Resources

Please see the attached information regarding various educational materials and health resources. This information is related to Lyme Disease (transmitted to humans by ticks) and West Nile Virus (transmitted to humans by mosquitoes). It includes fact sheets, videos, resources and information on how individuals can protect themselves and their families.

The Environmental Public Health Program will identify an unknown insect (an example is a bug found in a public facility that requires identification). Please contact your community Environmental Public Health Officer directly if you have an insect you would like identified.

Please note: If a tick is being submitted for identification, a completed Tick Submission Form will be needed along with photo(s). Environmental Public Health Officers can provide this form as well as information and instructions on how to submit an insect.

If you have any additional questions or concerns, please contact me at 807-343-5324.

For Healthier Communities,

Amy Montgomery, CPHI(C) B.Tech (EH)
Senior Environmental Public Health Officer
Thunder Bay West – Ontario Region
Sioux Lookout – Ontario Region (Acting)

c.c. Chief Wilfred King (email copy)
 Lori Clace, CHN (email copy)
 Mark Johnston, Environmental Public Health Officer (email copy)

LYME DISEASE RESOURCES and INFORMATION



Government of Canada – Lyme Disease

Learn about Lyme disease, its causes, symptoms, risks, treatment and prevention. Also find information on surveillance and guidance for health professionals.

<https://www.canada.ca/en/public-health/services/diseases/lyme-disease.html>

Government of Canada – Lyme Disease Resources (posters and videos that can be ordered)

<https://www.canada.ca/en/public-health/services/diseases/lyme-disease/lyme-disease-awareness-resources.html>

Government of Ontario – Lyme Disease

Learn how to avoid bites from blacklegged ticks, which may carry Lyme disease.

<https://www.ontario.ca/page/lyme-disease>

Government of Ontario – The Facts: Ticks and Lyme Disease Poster

http://www.health.gov.on.ca/en/ms/lyme/pdf/lyme_factsheet_en.pdf

Healthy Canadians – Government of Canada –Video(s) – You Tube

These two videos can be shared on social media and through the community website.

Lyme Disease Video:

<https://www.youtube.com/watch?v=IRhBy4TRkKM>

Stay tick-free – Tips to prevent Lyme disease (Geared for youth) Video:

<https://www.youtube.com/watch?v=XD5jqxZDkZw>

WEST NILE VIRUS RESOURCES and INFORMATION



Government of Canada – West Nile virus

Learn about West Nile virus, its causes, symptoms, risks, treatment, prevention and surveillance. Also find information for health professionals.

<https://www.canada.ca/en/public-health/services/diseases/west-nile-virus.html>

Government of Canada – Mosquitoes

Learn about mosquitoes, how to control them, and how to protect yourself from their bites.

<https://www.canada.ca/en/health-canada/services/pest-control-tips/mosquitoes.html>

OUTDOOR HEALTH AND INSECT REPELLANT INFORMATION

Government of Ontario – Outdoor Health

How to avoid the most common outdoor diseases in the province.

<https://www.ontario.ca/page/outdoor-health#section-2>

Government of Canada – Insect Repellants

Learn about insect repellents, how to use them safely and how to choose the right one for your needs.

<https://www.canada.ca/en/health-canada/services/about-pesticides/insect-repellents.html>