

# Tick risk growing in Peel's parks and trails

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According to the Government of Canada, in 2025, we are seeing Blacklegged ticks spreading to new areas in Canada, in part due to climate change.

Blacklegged ticks, otherwise known as deer ticks, can transmit bacteria, viruses and parasites that can cause Lyme disease.

Caledon is classified as a high-risk area, according to the Government of Canada's Lyme disease risk areas map.

In 2024, Peel experienced a record number of 50 confirmed human cases of Lyme disease, according to Health Professionals Update ? Vol. 18, No. 16 by Peel Region.

Most of these cases reported tick exposures that occurred outside of Peel Region, however, local exposures to blacklegged ticks were also reported by cases in Mississauga, Brampton, and Caledon.

Peel Public Health shared with the Citizen that all of Peel is an established risk area for the species of tick that transmits Lyme disease.

?Year-to-date, there are four confirmed cases in Peel, one of which reported a tick exposure in Caledon,? said Peel Public Health in a statement.

Peel Public Health shared cases of Lyme disease peak in July and August each year, and there is a reporting lag due to the time it takes for individuals to seek care, undergo testing, and receive a diagnosis.

For this reason, they expect that cases will increase significantly in the next few months.

Notwithstanding the local risk, most Peel cases report tick exposures during travel outside the region, such as camping trips and vacations to Eastern Ontario, Quebec, and the Atlantic provinces.

Peel Public Health shared that the main way to protect against Lyme disease is to prevent tick bites and to remove any ticks promptly.

They advise using a bug spray with DEET or icaridin before going outside, and wear closed-toe shoes, light coloured clothing that covers the skin, and tuck your pant legs into your socks.

While outdoors, stay on groomed or paved paths away from tall grasses and do not sit on rocks or logs.

Be sure to check yourself and your pets for ticks after being outdoors.

Remove any ticks by using tweezers and gently pulling straight up until the tick releases from the skin.

After returning indoors, take a shower and dry your clothes in a dryer on high for 10 minutes.

They urge anyone who has been bitten by a blacklegged tick to speak to their healthcare provider or ask at a participating pharmacy about antibiotics to prevent the development of Lyme disease.

Residents can submit photos of ticks to [etick.ca](http://etick.ca), a free online tick identification service.

An expert will identify the tick, usually within 24 hours, and then provide the results and health-related tips via email.

The Government of Canada advises that you kill the tick before disposing of it by drowning it in rubbing alcohol or by freezing it for several days.

Avoid squashing ticks with bare fingers as infection may enter through breaks in your skin, such as close to the fingernail.

You can dispose of ticks in your household garbage once they're dead.

For more information on Lyme disease cases as well as other vector borne diseases visit [www.publichealthontario.ca/en/Data-and-Analysis/Infectious-Disease/VBD-Tool](http://www.publichealthontario.ca/en/Data-and-Analysis/Infectious-Disease/VBD-Tool).