

# June 2020

## Border Post



## Important Dates

- Waskada United Church Board Meeting - June 15
- Waskada Legion Auxiliary Ladies Meeting –June 16
- Father's Day – June 21
- Waskada School Graduation – June 23


# Our 'New' Normal

## Today is Tuesday May 26th, 2020

- We are at 70 days of social isolation. 70 DAYS.
- Canada has closed the borders to all non-essential travel.
- The CDN dollar is worth \$.71 US.
- Gas costs 95.9 cents per litre at the pumps in our area. A tank of gas is lasting a lot longer these days because we're isolating at home.
- Schools have been closed since March 16 and kids are learning remotely on-line. This will continue for the rest of the school year. Some say it's like the kids are on a 5-month long summer vacation.
- High school has cancelled all exams; grade 12 students will graduate with their last mark...what they had before March Break...and without needing to complete their literacy test and their 40 hours of volunteer work. Graduation will look different across the province.
- Universities closed their campuses and dorms mid-March. Most students had no choice but to return to their hometown and continue with classes and final exams online, leaving college life behind.
- Many people are working from home with their laptops and having video meetings with their co-workers.
- Restaurants are only open for home delivery & pick-up orders. Now patio seating.
- National and Provincial Parks and Conservation areas have recently reopened, but all playgrounds will remain closed. Outdoor tennis courts are closed.
- All sports competitions (NBA, NHL, MLB, CFL, etc) have been cancelled as well as youth sports.
- All festivals, concerts and entertainment events have been banned (Canada Day celebrations in some cities and Calgary Stampede and Minot State Fair cancelled just to name a few).
- Weddings, family celebrations, birthdays and funerals have been cancelled.
- Gatherings are limited to no more than 10 people outside the same household. 25 Inside and 50 people outside.
- Hair is becoming shaggier and many have resorted to having someone cut their hair at home or cutting their own hair because stylists and barber shops only recently re-opened.
- People are doing drive-by parades to celebrate birthdays, baby showers, and school staff to see their students and to show appreciation to front-line workers.

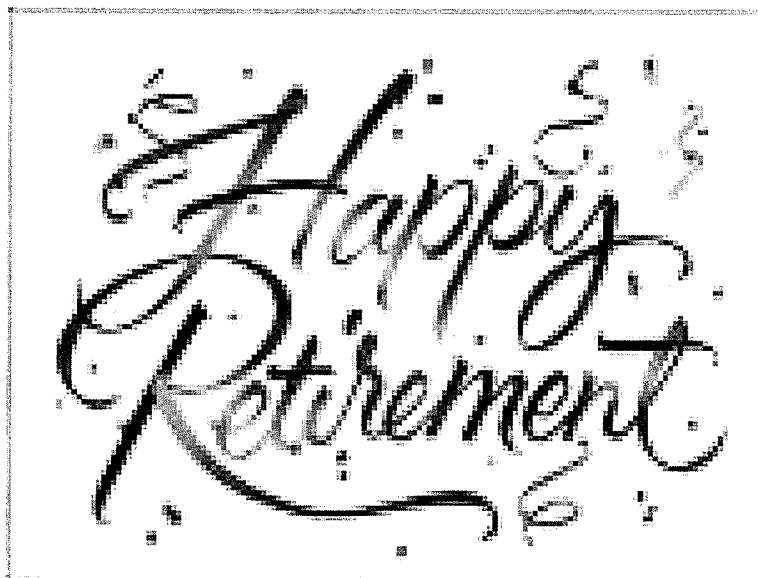
- Hearts and rainbows in the window began as a way to show love and appreciation during a time of self-isolation and lock-down and has spread worldwide.
- Churches are closed or online.
- We have to stay away from each other by at least 2 meters (6 feet). These are the new Social-Distancing Rules that most everyone adheres to, without thinking now. During jogging or cycling, it's advised to stay 20 feet away.
- When out for a walk (one of the few outdoor activities we are still allowed to do), people will step off the curb and wait while another person passes.
- Old Age and Retirement homes are experiencing high rates of outbreak among residents and staff, and in some cases, there are 1/10 of the staff working. Many of the deaths are attributed to these outbreaks.
- Our Prime Minister, Justin Trudeau, has been doing daily press conferences from Rideau Cottage.
- People are wearing masks; some places now REQUIRE that you wear them to enter!
- Toilet paper, yeast, hand sanitizer, flour, antibacterial wipes and anything Lysol or Clorox is in short supply and limited per person.... IF you can even find them!
- Stores are closing early to disinfect everything. (24-hour stores are even closing by 9pm).
- Store check outs, pharmacies, and even fast food drive thru windows have added plexiglass between employee and customer. Have to reach around or under to pay! It's preferred that you do not pay with cash unless absolutely necessary.
- Online shopping and grocery delivery services are at an all-time high.
- There are lines taped and even painted outside the stores for people to line-up to enter with max #'s allowed in a store at a time. There are lines and circles at the check outs to keep people 6 feet apart. There are taped arrows in the aisles to keep flow of traffic one-way as you shop.
- On April 19, Canada was devastated by the largest mass shooting in our history, 22 lives lost in Nova Scotia. A virtual vigil was held April 24 for the victims, as Canada mourned. On May 1, the PM announced an official ban on assault-style guns.
- As of May 19th, some provinces have chosen to slowly start re-opening businesses in an effort to restart the economy. (Even some of the hardest-hit provinces, like Alberta and Quebec). Some provinces (like Ontario) have chosen only a few outside businesses to open. Taking their time as it is far too soon to lift the full lock-down. Not enough is known yet about the virus and we are still in the middle of the peak. It is still being spread easily and there are still high numbers of deaths. We expect a second and even third wave to hit and the pandemic is expected to last 18-24 months before it is over.

- Air and water pollution are at an all-time low, and animals have been seen going through areas not normally occupied by them.
- The world has quieted, a large hole in the ozone has closed. Our Earth appears to be healing.
- We stay in our homes and make the best of the time we have to spend together with those who live in the same household. People are trying new things, learning new things, baking, gardening, playing games, taking the time to read, and we can thankfully stay in touch with friends and loved ones through technology like phones, texts, emails, FaceTime, Skype, Teams and Zoom. Window and driveway visits are also on the rise, as people find new and creative ways to show their quarantined loved ones that they are loved, thought of, and cared about. Although this is a different way of life for now, and many things are missed, it's teaching us not to take those things or people for granted when we do finally reach some sort of "normalcy", whatever that looks like from here on out.
- People are becoming much more careful and conscientious about hygiene and how it affects not just ourselves, but others. Everyone should now know the proper way to wash your hands.
- People are also realizing there are a lot of material things that we are used to having, that have now become unimportant - we are realizing the difference between need and want, and how unnecessary certain things are in times like these.
- Covid-19 has shown the world what's important, and that it is indeed possible to come together (by staying apart) for the greater good. It's teaching us that it is indeed possible, and important, to help more vulnerable people, like the elderly and the homeless. I can't remember a time when people worked so hard to provide shelter and food for the homeless. Or a time when long-term care residences were in the forefront and it came to light how much more they need from the government and the public, in order to properly care for their residents. It is also teaching us who the real heroes are; it's not the movie stars and the highly paid sports stars in all their fame and glory. It's the front-line workers, the delivery workers, the grocery store clerks, the garbage collectors, and all those who continue to risk their lives to keep the communities fed, clean, housed, healthy and connected.
- May 17th we lost one of our Snowbird representatives (the Public Affairs Officer, Captain Jennifer Casey), on the cross-country tour called Operation Inspiration, to lift the spirits of Canadian's. Life is precious.

It will be an annual reminder that life is precious & that nothing should be taken for granted. Let's be grateful 

The Municipality of Brenda-  
Waskada would like to  
welcome Lindsay Ginter as our  
new Office Assistant.

Helen Cassan will be retiring  
from this position. We wish her  
all the best in her retirement!



# Congratulations to the Waskada Graduates of 2020!

## **Anna Janz**

Plans to work for a year and then attend school in the fall of 2021.

## **Declan Smart**

Plans to work for a year and then attend school in the future.



The Municipality of Brenda-Waskada along with the Municipality of Deloraine-Winchester are pleased to welcome Aaron Vanbeselaere back as the Weed Supervisor for this year. The Weed Board always appreciates input from the farming community. If you see noxious weeds or notice a weed infestation along a municipal road, please reach out to the local municipal office, or contact Aaron directly. Specific information will be required as to the exact location such as Section, Township, Range or the distance and direction from the specific mile markers ie a half mile west of 7N and 149W.

Brenda-Waskada

204 673 2401

Deloraine-Winchester

204 747-2635

Aaron Vanbeselaere

204 522-0188

## **Reminders:**

### **Water Access**

The Municipal Office have FOBs available to access water from the reservoir. It is a one-time security deposit of \$25.00.

### **Recycling**

Black garbage bags are not to be disposed of in the recycling containers as it contaminates the recycling contents. Thank you for your attention.



## **Reminders:**

### **Golfing:**

Memberships for the Waskada Golf Course can be purchased from the Municipal Office.

\$35.00 for Single

\$60.00 for Family

### **For inquiring minds:**

'For golf courses, if two people arrive in the same vehicle are, they able to ride in a golf cart together? '

-The current guidelines and restrictions for golf courses state that only one person per golf cart will be allowed, or two people from the same household.

#### **Phase 1**

Golf courses are allowed to open to the public. However, there will be a maximum of four golfers allowed per group and one person per golf cart, or two people from the same household. Additional guidelines can be found in Manitoba's Pandemic and Economic Roadmap for Recovery <https://www.gov.mb.ca/covid19/restoring/index.html>.





# **Municipality of Brenda-Waskada**

## **Dust Control**

Plans are being made in the near future to apply dust control product adjacent to farm sites within the Municipality.

For more information or if you wish to have this treatment applied, please contact the Municipal Office as soon as possible.

Office: 204-673-2401

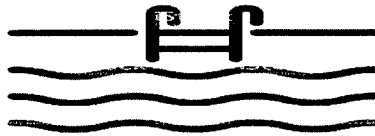
Email: [office@brendawaskada.ca](mailto:office@brendawaskada.ca)



As a Community we are aware that...

-The Waskada Museum will be closed for the 2020 season.

-Community pools and Lake Metigoshe swimming lessons have been cancelled for the season. This includes no public swimming at the Main Beach until further notice.



-Health official say that we can go ahead with Garage Sales this summer!

Dr. Roussin, Chief Public Health Officer, said garage sales and yard sales fall within the health parameters for outdoor gatherings as long as you have a sale that has less than 50 people.



## **WASKADA COMMUNITY FOODS INC.**

32 Railway Avenue

Box 10, Waskada, MB R0M 2E0

Email Address: [wascommstore@hotmail.com](mailto:wascommstore@hotmail.com)

Fax # (204) 673-2298 Phone # (204) 673-2295

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### **The COVID-19 Crisis**

Medical advisors have told us social distancing, washing your hands, and being careful about what you touch, remain far and away the most effective ways to stay safe.

We have increased our sanitation standards throughout the store to keep our customers and staff healthy. We continue looking at every opportunity to improve on these standards. The safety and health of everyone is imperative to us.

We are also encouraging you to use debit or credit as much as possible. In short, the less touching the better.

During this health crisis, store management has initiated FREE home delivery within the community of Waskada and municipality of Brenda-Waskada for our senior citizens, those confined to their homes and the self-imposed quarantined. Call in the morning for afternoon delivery or call in the afternoon for next morning delivery.

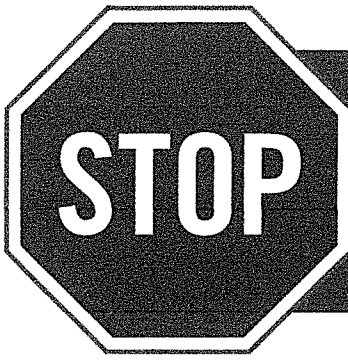
Even though we have trust in Canada's strong and secure food supply chain we have experienced product shortages and delays. Thank you to our customers for your patience with us in moments when our shelves are not fully stocked.

You can be assured we will do our best to keep our store open and operating as safely and effectively as possible.

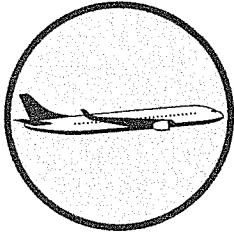
Thank you for being a loyal customer.

### **New Board Members Required**

With just a few hours a month you can help shape the future growth and direction of our store by becoming a WCFS Board Member. For further information contact Leanne Hannah-Kehler (204-741-0786) or Brett Bambridge (204-522-6613).



# COVID-19 NOVEL CORONAVIRUS



## Do not enter if you have:

- been in contact with someone that is confirmed to have COVID-19
- been notified that you were in a high risk setting for COVID-19 in the past 14 days (e.g., on a plane or at an event)
- travelled outside Manitoba in the last 14 days



## Do not enter if you have a new onset of any of the following symptoms:

- Fever
- Sore throat
- Cough
- Shortness of breath



## Do not enter if you have a new onset of two or more of the following symptoms:

- Runny nose
- Headache
- Muscle aches
- Hoarse voice
- Fatigue
- Nausea, vomiting or diarrhea
- Loss of taste or smell



## If any of the above apply, please:

- limit your contact with others
- immediately self-isolate at home
- call Health Links-Info Santé for information about testing and self-isolation – **204-788-8200** or toll-free **1-888-315-9257**.

[manitoba.ca/covid19](https://manitoba.ca/covid19)

**Manitoba** 

# Province of Manitoba COVID-19 News

## Current Situation

Public health officials advise no new cases of COVID-19 have been identified as of 9:30 a.m. today. The total number of lab-confirmed positive and probable positive cases in Manitoba remains at 292.

The data also shows:

- no individuals in hospital or intensive care;
- 16 active cases and 269 individuals who have recovered from COVID-19; and
- the number of deaths due to COVID-19 remains at seven.

The draft plan for restoring services in Phase Two released May 21 builds on measures from *Restoring Safe Services: Manitoba's Pandemic and Economic Roadmap for Recovery*, which set out an evidence-based plan to ease public health measures that had escalated since mid-January. As of May 22, gathering size limits were increased to 25 people indoor and 50 outdoor, while professional sports teams were allowed to return to their training facilities, as long as precautions were taken, and the public is not allowed into those facilities.

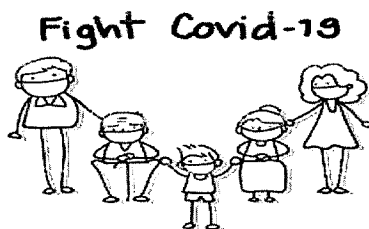
Detailed information on the draft plan for Phase Two of service restoration can be found at:

[www.manitoba.ca/covid19/restoring/index.html](http://www.manitoba.ca/covid19/restoring/index.html).

Manitobans can provide their feedback on the draft plan by visiting [engagemb.ca](http://engagemb.ca).

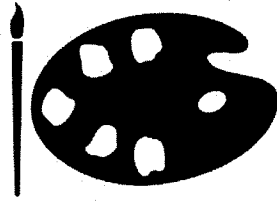
Updated enforcement statistics are now posted online and updated weekly. For more information go to Cross-Departmental Reports at [manitoba.ca/openmb/infomb/departments.html](http://manitoba.ca/openmb/infomb/departments.html)

**\*Upon publication of the Border Post this news article was prepared May 26, 2020.**



## **Family Fun**

### Kids afternoon Virtual Paint Class



Saturday, May 30, 2020

1:00 pm start

Offered by Winnipeg Art & Wine

Learn how to paint a beautiful peacock. This will be a virtual event; you will be able to ask questions via Facebook live during the event if you have any questions or problems.

To watch the event, you can go to the Facebook page at:

<http://www.facebook.com/WPGArtWine/>

For further list of supplies,

<http://winnipegartandwine.com/portfolio-view/SHOW->

[OFF-2/](#)

# DELORRAINE MEDICAL CLINIC

January 15 | February 12

March 18 | April 15

May 13 | June 17

Clinic Times

10 a.m. - 3 p.m.

Call: 204-747-2461  
for an appointment

Clinics are done by a team of trained Registered Nurses from Prairie Mountain Health



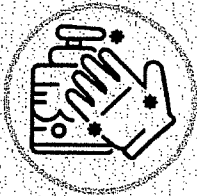


# Reduce the Spread of COVID-19

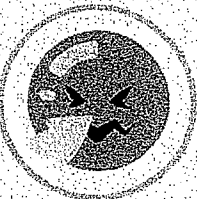
## PROPER HYGIENE



Wash your hands often with soap and water for at least **20 seconds**



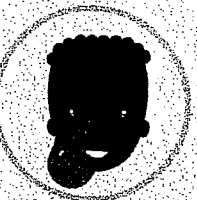
Use alcohol-based hand sanitizer if soap and water is not available



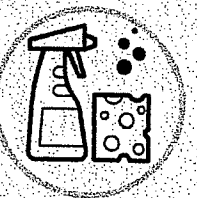
Cough or sneeze into a tissue or the bend of your arm, not your hand



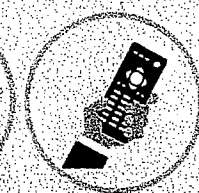
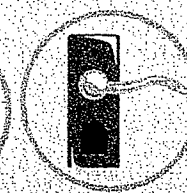
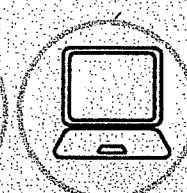
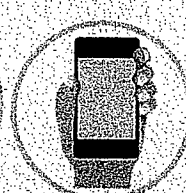
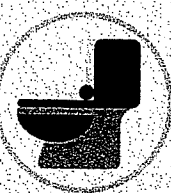
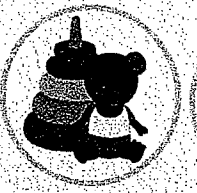
Dispose of any tissues you have used as soon as possible and wash your hands



Avoid touching your eyes, nose, or mouth with unwashed hands



Clean the following high-touch surfaces frequently with regular household cleaners or diluted bleach.





# WASKADA UNITED CHURCH

## **Board Members**

Chairperson – Kay McMillan   Treasurer – Janis Williams   Secretary – Leslie McKinney

Coral Meggison, Dawn Minne, Linda McGregor, Sharlene McGregor, Margie Hannah

Trustees – Bob Radcliffe, Bryce McMillan, Don Temple

## **News**

Please join us as we are providing **Sunday Services** on **Zoom**. The invitation to join the Zoom meeting can be accessed through Facebook at the Waskada United Church. Recorded services can also be accessed through Facebook.

Daily blogs can be read at DeaconHeatherS **blog.wordpress.com** Follow the link on Facebook.

**Coffee 'n More** will now be meeting by telephone on Tuesday mornings. Call in at 9:25am to 1 866 512 0904. You will prompted by a participant code: 1550281 Conversations about life and what moves us that we can't have anywhere else.

Waskada United Church is fundraising for kitchen flooring! You can contact any board member to purchase a square foot of new flooring. Buy a square for \$10.00 or a triangle for \$5.00.

The new wheelchair accessible bathroom is completed and the cell phone booster has been installed. Thank-you to all who helped with these projects!

Due to Covid-19 offerings are down and we have had to cancel Spring Fundraising Events. Please consider a donation to support our Church. Donations can be made to the Waskada United Church and sent to Janis Williams or consider monthly automated donations. We also have eTransfer. Talk to Janis Williams for more information.

Thank-you to the McMillan Family for trimming the hedge in the Church yard.

Thank-you to everyone who has helped to reorganize the Church annex.

Information will be posted once services resume in the Church.

The next board meeting will be on June 15th at 8:30am.

# **Waskada Wee Ones ELC Newsletter**

## **June, 2020**

### **Important Numbers**

Daycare: 1-204-483-6243

Cell: 1-204-264-9101

**Important  
Reminder!!  
Parents please  
Watch for  
fundraising events  
coming up. We  
need your support**

**Week of the ECE was April 27<sup>th</sup> -May 1<sup>st</sup>.  
Thank you to the staff for all they do for  
the children and families at our Centre  
Thanks to the Board for the appreciation  
gifts**

**Spaces: the Centre has preschool  
spaces available, full and part time  
Infant spaces: the Centre has part  
time/casual spaces starting  
immediately and full time spaces from  
May 2020-March 2021**

### **Upcoming Fundraiser**

Meat packages for sale June 1-  
12<sup>th</sup>, please contact Katie Thom  
for details.

Home: 204-658-3455

Cell: 204-576-0110

**The Centre will re-open June  
1, 2020 with reduced hours  
7:00a.m. to 5:00p.m. Monday  
to Friday.**

**Mari Gustafson is off on  
Maternity leave, we wish  
her all the best.**

**We say good bye to Lindsay  
Ginter thanks for all you did  
for the Centre**

**We would like to welcome  
Brenda Bayawa to our team**

**Welcome back Hunter  
Bennie who is returning for  
the summer**

### **Reminders:**

**All parents please send in your schedule  
for June right away. July to December  
schedules will be due by June 18<sup>th</sup>,  
2020. If your schedule is not in by June  
18<sup>th</sup>, your space will not be guaranteed.  
This includes spaces for the infant,  
preschool and school age program.**

**Waskada Wee Ones Early Learning Centre  
(Daycare)  
is hiring for a Part Time Maternity Leave ECE II  
in Waskada, Manitoba**



**Terms:** The position is a part time, 18-month maternity leave, which requires 6.75 hour shifts, Monday to Friday. The term will begin the fall of 2020 (start date to be determined based on enrolment and end on approximately December 1, 2021. (Additional hours may be available depending on staffing and enrolment)

**Salary:** Will be negotiated and is dependent on the skills and experiences of the applicant.

**Education:** ECE II

**Experience:** The applicant will enjoy working with children and other adults in a fun and fast paced atmosphere.

**Credentials Required:** CPR and First Aid Certificate., Food Safe. (Training can be provided) Criminal Record and Child Abuse Checks required.

**Work Setting:** Daycare Setting

**Skills & Experience:** Plan and implement childcare programs, prepare and serve meals and snacks, assist in housekeeping.

Please send resumes to:  
Waskada Wee Ones Early Learning Centre  
Box 82  
Waskada, MB  
R0M 2E0

OR  
waskadaweeones@gmail.com

OR  
Call Wendy at 204-483-6243

# Waskada Wee Ones ELC

in collaboration with  
Oak River Quick Freeze

## Meat Package Fundraiser

Place Orders from June 1-June 12  
with delivery to Waskada Wee Ones ELC end of June.

This is a great opportunity to support local meat  
producers and your community daycare!

Just in time for BBQ season!

### 4 Meat Packages available!

#### **Pork Pack-\$60**

5 lbs Pork Chops  
3 lbs Pork Roasts  
3 lbs Ham Steak  
3 lbs spare ribs

#### **Beef Pack - \$110**

3 lbs Beef Roasts  
3 lbs Ground Beef  
3 lbs T-BONE steaks  
3 lbs Boneless Sirloin  
3 lbs Patties

#### **Pork Pack-\$110**

5 lbs Pork Roasts  
5 lbs Pork Chops  
5 lbs Ham Steak  
3 lbs Spare Ribs  
5 lbs Wieners  
2 lbs Side Bacon  
2 lbs Back Bacon

#### **BBQ Pack - \$225**

4 lbs Striploin Steaks  
4 lbs Boneless Sirloin Steaks  
5 lbs Ground Beef  
5 lbs Pork Chops  
6 lbs Sausage  
6 lbs Smokies  
5 lbs Ground Beef Patties  
2 lbs Back Bacon

Contact Katie Thom -658-3455  
Ang Temple -673-2328  
Waskada Wee Ones ELC -483-6243  
Or any daycare family!

# Disposal Sites' Summer Hours

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(Clip and Save)

## **GOODLANDS DISPOSAL SITE**

### **Summer Hours- Effective April 15, 2020**

Wednesday: 3:00 P.M. to 7:00 P.M.

Saturday: 9:00 A.M. to 1:00 P.M.

## **WASKADA DISPOSAL SITE**

### **Summer Hours- Effective April 15<sup>th</sup>, 2020**

Tuesday: 2:00 P.M. to 7:00 P.M.

Wednesday: 2:00 P.M. to 7:00 P.M.

Saturday: 10:00 A.M. to 3:00 P.M.

## **MEDORA DISPOSAL SITE**

### **Summer Hours-Effective April 15th, 2020**

Monday 2:00 P.M. to 7:00 P.M.

Wednesday 2:00 P.M. to 7:00 P.M.

Saturday 10:00 A.M. to 4:00 P.M.

# WASKADA ECO CENTRE

It's time to recycle your used oil, filters, jugs, used antifreeze and containers and batteries.

To do this: go to the Waskada Eco Centre located at the Waskada Disposal Site

Winter Hours: (till April 13<sup>th</sup>)

Open Tues. and Wed.

1:00 PM to 6:00 PM

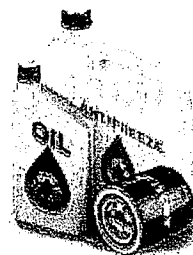
Sat. 11:00 AM to 4:00 PM

Summer Hours: (as of April 15<sup>th</sup>)

Open Tues. and Wed.

2:00-7:00 PM

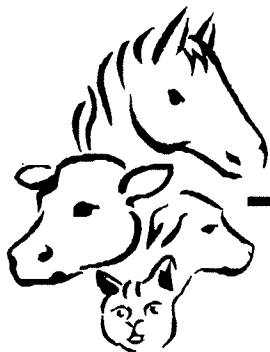
Sat. 10:00 AM to 3:00 PM



**MARRC**



Be sure to record your drop-off amounts with the attendant and be eligible for some useful rewards!



# **BorderVET**

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**ANIMAL HEALTH SERVICES PROF. CORP.**

Box 729, Hwy 3 East, Melita, MB R0M 1L0

Phone: (204)522-8405 Fax: (204)522-3819

Website: [www.bordervet.ca](http://www.bordervet.ca)

## **RABIES CLINICS**

**BORDERVET ANIMAL HEALTH SERVICES ARE PLANNING ON PROVIDING THE WASKADA AREA WITH A RABIES CLINIC THIS YEAR AS USUAL.**

**WE ARE WAITING TO HEAR WHAT THE GUIDELINES ARE ON JUNE 1ST AND WILL DECIDE A DATE AFTER THIS.**

**WE WILL ADVERTISE LOCALLY AND CONTACT THE MUNICIPALITY AS SOON AS THE DATES ARE CONFIRMED.**

**THANK YOU FOR YOUR UNDERSTANDING.**

## Tick-borne Diseases (TBD)

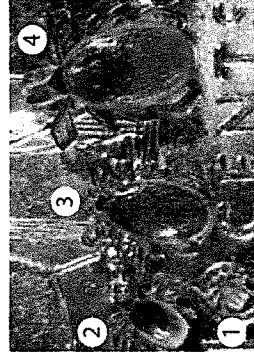
In Manitoba, blacklegged ticks are the most common carrier of tick-borne diseases such as Anaplasmosis, Babesiosis and Lyme disease. Other disease causing agents such as *Borrelia miyamotoi* and Powassan virus have also been detected in recent years.

General symptoms of tick-borne diseases can include rash, fever, chills, headache, malaise, arthritis, and other symptoms. Simultaneous infection with two or more tick-borne diseases is possible. For this reason, it is important to be aware of the presence of blacklegged ticks in Manitoba, to conduct tick checks and to monitor for signs of illness associated with a tick bite. Tick-borne diseases are best treated in the early stages of infection. See your health care provider promptly if you experience symptoms following a tick bite.

For more information about tick-borne diseases and symptoms visit:

[www.manitoba.ca/tickborne](http://www.manitoba.ca/tickborne)

Larva (1), nymph (2), male (3) and female (4) blacklegged ticks on a Canadian dime



## Tick Bite Prevention

Prevention is the first line of defense against tick-borne diseases. Blacklegged ticks are present throughout southern Manitoba and are active in the environment from snow melt to snow fall. The prompt detection and proper removal of ticks will reduce the likelihood of becoming infected with a tick-borne disease. Reduce your chances of encountering a tick by:

- using trails and staying in the centre of the path to avoid brushing against vegetation
- wearing closed-toed shoes, long-sleeved shirts and pants
- tucking your pants into your socks or boots
- wearing light-coloured clothing; this will allow ticks to be more easily seen and removed
- using an appropriate tick repellent (containing DEET or Icaridin) on clothing and exposed skin according to label directions

After spending time outdoors, inspect yourself, your children and your pets for ticks and remove any ticks found as soon as possible.



**Manitoba**



## Tick Checks

Ticks can be small and hard to see, so a thorough tick check is important to detect and remove ticks.

- Be sure to carefully check the hair line, armpits, groin, belly button, behind the knees and between the toes.
- Showering within two hours of being outdoors will help detect ticks. Note that an attached tick will NOT wash off in the shower or bath.
- Washing clothing worn outdoors will kill ticks if hot water is used. Drying unsoiled clothing (before washing) on high heat will effectively kill ticks within 10 minutes.
- Inspect all outerwear, backpacks, towels etc. that may have come into contact with vegetation for ticks.
- Be sure to speak to your veterinarian about

tick prevention measures for your pets.

Be sure to maintain tick check vigilance. Ticks can be tiny and may be missed on the initial check.



## Tick Removal

If a tick has become attached, it is important to remove the tick as soon as possible.

- Use fine tweezers to grasp the tick as close to the skin as possible.
- Pull up with steady, even pressure. Do not crush or twist.
- Clean the bite site with soap and water
- Don't use petroleum jelly, nail polish, or a hot match to remove the tick.

Mark the date of the tick bite on a calendar. For identification, please visit the Manitoba Tick Checker website (<https://forms.gov.mb.ca/tickSubmission/>) and submit requested details and image. Instructions for saving specimens are provided on the site.



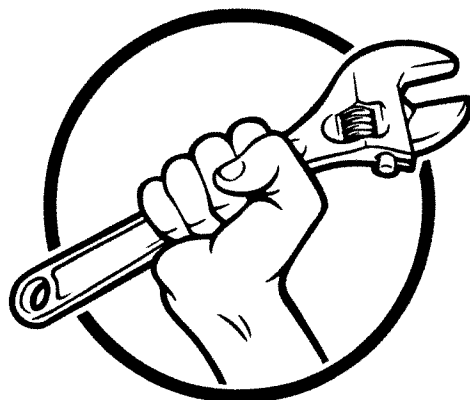
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