What do I do if I am bitten or scratched by an animal?

- Obtain the owner's contact information (e.g. name, address, phone number), so the animal can be located by Public Health and Emergency Services.
- Wash the area thoroughly with soap and water.
- Call your family doctor or seek medical attention immediately.
- Report the bite or scratch to Region of Waterloo Public Health and Emergency Services at 519-575-4400.

What is Region of Waterloo Public Health and Emergency Services' role when an animal bites a human?

When notified of a biting incident, Public Health Inspectors investigate to determine if there is a risk of rabies exposure. When the animal involved is known, the inspector will place the animal under observation for a period of 10 days after the date of biting to ensure rabies was not transmitted at the time of biting.

When the owner of the animal involved is not known or it is a wild animal, the inspector will work with the person exposed and physician to ensure proper post-exposure treatment is available which may include vaccine.

If the animal involved in the exposure incident has since died, the inspector will request that the animal undergo rabies testing.

For more information on Rabies, Lyme Disease or West Nile Virus, call 519-575-4400 (TTY 519-575-4608) and speak to a Public Health Inspector, or visit www.regionofwaterloo.ca/ph

Alternate formats of this document are available upon request.

Rabies Bites!

Rabies is a very serious viral disease which attacks the central nervous system of warm-blooded animals, including humans. Rabid animals don't behave normally. Often they become aggressive or appear depressed. In Ontario, the animals that most often transmit rabies are bats, raccoons, skunks, foxes, livestock and other wildlife.

How do I get rabies?

You can get the virus when exposed to the saliva of an infected animal. For example, if you are bitten or scratched, or if the animal licks your eyes, nose, or mouth.

How do I protect myself from rabies?

- Have your pet continually immunized against rabies.
- Don’t approach or touch unfamiliar animals, even if they seem friendly.
- Don’t touch sick or injured animals.
- Do not feed wild or stray animals.
- Never handle a bat with your bare hands.

How can I protect my pet from rabies?

The most important thing you can do to protect your pet is to have it vaccinated. All pets over the age of three months must be immunized against rabies. It’s the law and failure to vaccinate your pet can result in a fine of $110 per day.

Keep your pets under control. Don’t let your pets roam free, especially at night. Protect your pets from contact with wildlife.
**Lyme Disease**

In Ontario, Lyme Disease is caused by the bite of a Black-legged tick that is infected with *Borrelia burgdorferi*.

**What are the symptoms?**

A circular rash referred to as a “bull’s-eye” rash could be one of the earliest symptoms of an infection. If you develop a “bull’s-eye” rash, fever, chills or extreme fatigue or feel like you have the flu, it’s important to seek medical attention and if known, to tell your doctor when and where you were bitten. Lyme disease can have serious health consequences if left untreated.

**Are there ticks in Waterloo Region?**

Black-legged ticks are spreading to new areas of the province because of climate change. They can also spread by travelling on migrating birds and deer. While the probability is low, it is possible to find a black-legged tick almost anywhere in Ontario. Ticks are most active in Spring and Summer.

**West Nile Virus**

West Nile Virus (WNV) is a virus mainly transmitted to people through the bite of an infected mosquito. Mosquitoes transmit the virus after becoming infected by feeding on the blood of birds that carry the virus.

**What are the symptoms?**

Most people who are infected with the virus show no symptoms or they experience mild flu-like symptoms, such as fever, headache, body aches or fatigue. The symptoms usually last for a few days. Call your doctor immediately if you notice any symptoms.

**Did you know?**

Icaridin (also known as picaridin) derived of natural materials, is the insect repellent that was approved for use by Health Canada in 2012. It is the repellent of choice by the Public Health Agency of Canada’s Canadian Advisory Committee on Tropical Medicine and Travel for children ages six months to 12 years of age. Products containing up to 20 per cent icaridin can be used for children in the same age group where 10 per cent of Deet is recommended.

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**Amount of DEET recommended for children and adults**

<table>
<thead>
<tr>
<th>Age group</th>
<th>Suggested % of DEET</th>
<th>Recommended number of applications per day</th>
</tr>
</thead>
<tbody>
<tr>
<td>Newborn to 6 months</td>
<td></td>
<td>DEET is not recommended for this age group. Use netting or limit time outdoors at dusk and dawn to prevent mosquito bites.</td>
</tr>
<tr>
<td>6 months to 2 years</td>
<td>10% or less</td>
<td>Not more than 1 (do not apply to hands or face)</td>
</tr>
<tr>
<td>2 years to 12 years</td>
<td>10% or less</td>
<td>Not more than 3</td>
</tr>
<tr>
<td>&gt; 12 years</td>
<td>Up to 30%</td>
<td>Follow instructions on label</td>
</tr>
</tbody>
</table>

**When outdoors, use an insect repellent according to manufacturers’ instructions.**

**Rabies**

If you think you may have any of the illnesses above, or have been bitten by an animal, contact your doctor immediately and inform Public Health and Emergency Services at 519-575-4400.