

Don't get bit – check for ticks!

Going outside? Protect yourself from Lyme disease and other tick-borne diseases by checking yourself, your kids, and your pets for ticks as soon as you get home.

Do a daily tick check



Stay tick smart.

As you and your family begin to enjoy outdoor activities, it's especially important to be mindful of ticks and to know what to do if you've been bitten.

What to do if you've been bitten:



Using fine-tipped tweezers – never your fingers – grab the tick head as close to your skin as possible. Pull the tick out gently but firmly, without squeezing or twisting it.



Wash the bite area with soap and water or an alcohol-based sanitizer.



Contact your health care provider right away.

Can you spot the ticks? 

Practise looking for ticks by finding the six hiding on this page. (But look closely – they're small!)



To learn more, visit pregnancyinfo.ca/lymedisease