

Lyme disease and other tick-borne diseases

Did you know? Ticks carrying Lyme and other tick-borne diseases live in forests, wooded areas, shrubs, tall grass, and leaf piles. If you're going into these areas, make sure to protect yourself from tick bites by taking the following preventative measures.



**Stay protected,
stay safe.**

Before you leave



Wear long-sleeved, light-coloured shirts and pants to protect your skin and to help you spot ticks more easily.



Tuck your shirt into your pants and pull your socks up over your pants legs.

While you're out



Always use a bug repellent with DEET as an active ingredient.



Stick to paths and walkways.

When you get home



Check your clothing, body, children, and pets every day for ticks, using a mirror to view those hard-to-see places.



Shower promptly after being outdoors to find and wash off ticks.



Put your clothes in the dryer for 60 minutes on high before washing them.

What to do if you're bitten



1. 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.



2. Thoroughly clean the bite area with rubbing alcohol and/or soap and water.

Signs and symptoms

Symptoms of Lyme Disease can vary from person to person but are typically experienced within three to 30 days of a bite. Symptoms can include:

- A localized skin lesion (erythema migrans) often with a bull's-eye appearance
- Fever
- Chills
- Headache
- Muscle and joint aches
- Swollen lymph nodes

Support and treatment

The good news? Most cases of Lyme and other tick-borne diseases can be successfully treated – but early detection is critical. If you suspect you've been bitten by a tick, contact your health care provider right away.

