



# What makes an expectant mother tick?

**(Definitely not ticks.)**

**Did you know?** Part of ensuring a healthy pregnancy – before, during, and after your baby’s birth – is staying active. While enjoying the great outdoors, don’t forget to protect yourself from Lyme disease and other tick-borne diseases.

Get the facts on Lyme disease prevention, symptoms, and treatment options today – and keep your pregnancy healthy.

For more information, visit [pregnancyinfo.ca/lymedisease](https://pregnancyinfo.ca/lymedisease)