

For more information, including detailed tick removal steps, visit [Canada.ca/LymeDisease](http://Canada.ca/LymeDisease)

Contact your health care provider if you are not feeling well.



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



Use clean fine-point tweezers to slowly pull it straight out.



## HOW TO REMOVE A TICK

# HOW TO CHECK FOR TICKS

[Canada.ca/LymeDisease](http://Canada.ca/LymeDisease)



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# DO A DAILY TICK CHECK

When you return from outdoor activities, check your entire body, especially:

