

For more information, including detailed tick removal steps, visit 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



Public Health
Agency of Canada

Agence de la santé
publique du Canada

Canada

DO A DAILY TICK CHECK

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

