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ENJOY THE OUTDOORS, WITHOUT A TICK

Lyme disease is spread by the bite of infected blacklegged ticks. These ticks are often found in and near areas with trees, shrubs, tall grass or piles of leaves.

Follow these tips when heading outside:



01

PREVENT

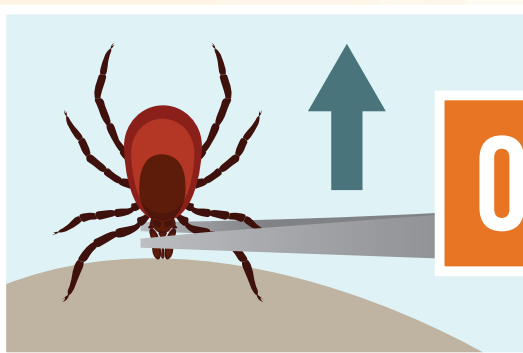
- ✓ Wear light coloured long-sleeved shirts and pants.
- ✓ Tuck your shirt into your pants, and your pants into your socks.
- ✓ Wear closed-toe shoes.
- ✓ Use bug spray with DEET or Icaridin (always follow label directions).
- ✓ Walk on cleared paths or walkways.
- ✓ You can also wear permethrin-treated clothing, now available in Canada (always follow label directions).



02

CHECK

- ✓ Shower or bathe as soon as possible after being outdoors.
- ✓ Do a daily full body tick check on yourself, your children, your pets and your gear.
- ✓ Put your clothes in a dryer on high heat for at least 10 minutes.



03

TAKE ACTION

- ✓ Use clean fine-point tweezers to immediately remove attached ticks by slowly pulling them straight out. Try not to twist or squeeze the tick.
- ✓ Wash the bite area with soap and water or alcohol-based sanitizer.
- ✓ Keep the tick in a closed container and bring it with you if you go see your health care provider.
- ✓ Contact your health care provider if you're not feeling well or if you are concerned after being bitten by a tick.

For more information, visit
Canada.ca/LymeDisease

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