



# 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

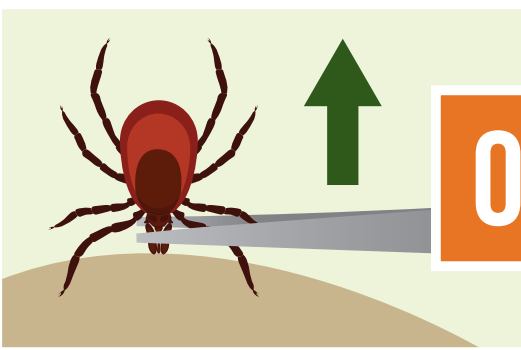
- ✓ Wear light coloured long-sleeved shirts and pants.
- ✓ Tuck your shirt into your pants, and pull your socks over your pant legs.
- ✓ Wear closed-toe shoes.
- ✓ Use bug spray with DEET or Icaridin (always follow label directions).
- ✓ You can also wear permethrin-treated clothing, now available in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