



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

- ✓ Use bug spray with DEET or icaridin (always follow directions).
- ✓ Wear closed-toe shoes, long sleeves and pants.
- ✓ Tuck your shirt into your pants, and your pants into your socks.
- ✓ Walk on paths.



02

CHECK

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



03

TAKE ACTION

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

For more information, visit
Canada.ca/LymeDisease

