



Don't let a **SMALL PEST** turn into a **BIG PROBLEM**



LYME DISEASE IS IN CANADA. PREVENTION IS EASIER THAN YOU THINK.

Lyme disease is a serious illness spread by the bite of infected blacklegged ticks, found most often near wooded areas in Canada's southern regions. It can have severe symptoms, but it's also easy to prevent and treat when caught early.

For more information and helpful tips, see other side ▶▶

Continue to enjoy outdoor activities and remember to protect your family from tick bites, infection, and the health impacts of Lyme disease by following these simple precautions.

1. Prevent

- Wear closed-toe shoes, long-sleeved shirts and pants.
- Pull your socks over your pant legs.
- Use insect repellents that contain DEET or Icaridin.

2. Check

- Wear light clothing to spot ticks easier.
- Do daily full body checks on yourself, your children and your pets.
- Shower or bathe within 2 hours after being outdoors to wash away loose ticks.

3. Take Action

- Carefully remove any ticks you find using clean tweezers.
- Wash the bite area with soap and water and/or hand sanitizer.
- See your health provider if you feel unwell in the weeks after being bitten.

Be Sure to Pack:

- Protective clothing
- Insect repellent
- Tweezers
- Soap or sanitizer

For more information, visit:
Canada.ca/LymeDisease

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