



Agence de la santé
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Public Health
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PICK UP ON THE DANGERS OF TICKS



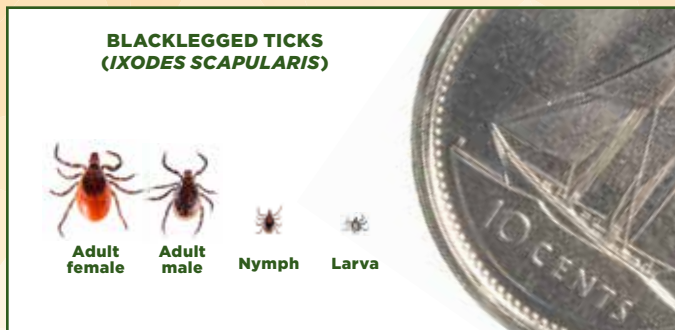
**LYME DISEASE IS IN CANADA.
PREVENTION IS IMPORTANT.**

Lyme disease is an illness that is spread by the bite of an infected blacklegged tick, often found in forests, wooded areas, shrubs, tall grass and leaf piles.

Canada 

CAN YOU IDENTIFY A BLACKLEGGED TICK?

Get familiar with how they look and what their growth cycle is like below:



Source of tick pictures: URI TickEncounter Resource Center

Most humans are infected through the bite of immature ticks that are approximately the size of a poppy seed, called nymphs. Adult ticks, approximately the size of a sesame seed, can also transmit Lyme disease bacteria. Ticks are very small and their bites are usually painless, so you may not know that you have been bitten.



WHAT SHOULD YOU DO IF YOU GET BITTEN?

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If you find an attached tick, remove it with tweezers immediately. Removing it within 24-36 hours can help prevent infection.



Tweezers have been found to be the most effective way to safely remove ticks and limit complications.

- ☑ Carefully remove the tick using clean tweezers.
 - ▶ Grasp the tick's head as close to the skin as possible.
 - ▶ Gently pull the tick straight out, but try not to twist or crush the tick. If parts of the tick's mouth break off and remain in your skin, remove them with tweezers. If you can't remove the mouthparts, leave them alone and let skin heal.
- ☑ Wash the bite area thoroughly with soap and water or sanitizer.
- ☑ See your healthcare provider if you feel unwell in the weeks after being bitten.

PREVENTION TIPS!

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The best way to prevent Lyme disease is to avoid being bitten by a tick. Follow these prevention tips when heading outdoors in areas where blacklegged ticks can be found:

- ☒ Wear closed-toe shoes, light coloured long-sleeved shirts and pants.
- ☒ Tuck your shirt into your pants, and pull your socks over your pant legs.
- ☒ Use bug spray containing DEET or Icaridin.
- ☒ Walk on cleared paths or walkways.
- ☒ Shower or bathe within two hours of being outdoors.
- ☒ Do daily full body checks for signs of ticks.
- ☒ If you find an attached tick, remove it immediately with tweezers.

For more information and tips, visit

Canada.ca/LymeDisease