



# 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.

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For more information, visit

**Canada.ca/LymeDisease**