



Government
of Canada

Gouvernement
du Canada

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 your pants into your socks.
- ✓ Wear closed-toe shoes.
- ✓ Use bug spray with DEET or Icaridin (always follow label directions).
- ✓ Walk on cleared paths or walkways.
- ✓ 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

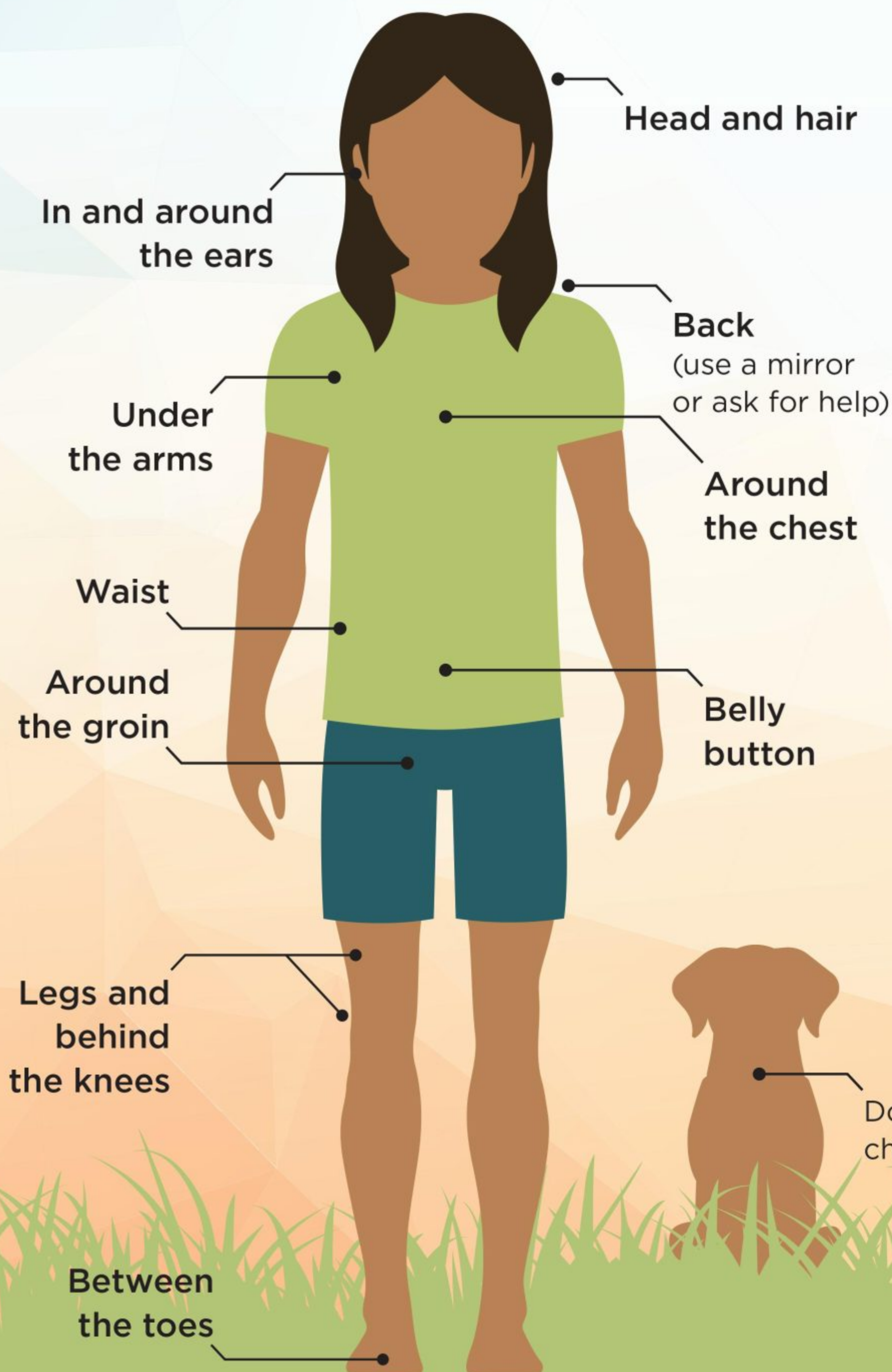
- ✓ Use clean fine-point tweezers to immediately remove attached ticks by slowly pulling them straight out. Try not to twist or squeeze the tick.
- ✓ Wash the bite area with soap and water or alcohol-based sanitizer.
- ✓ Keep the tick in a closed container and bring it with you if you go see your health 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

Canada

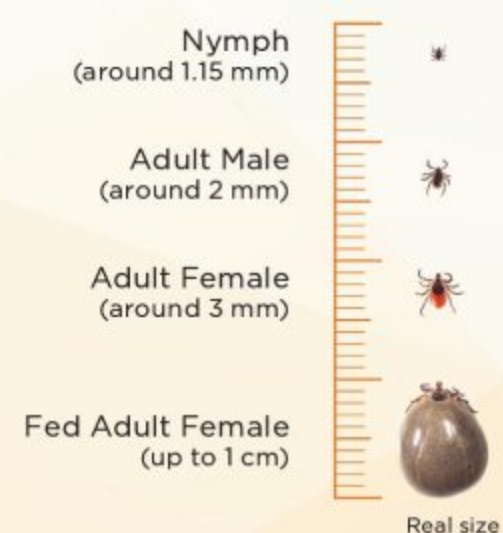
TOP 10 TICK HIDING SPOTS ON YOUR BODY

Tick checks are one of the ways you can prevent Lyme disease and other infections spread by ticks. **Check your entire body**, especially:



WHAT TO LOOK FOR?

Feel for **bumps** and look for tiny **dark spots**. Look carefully, most ticks are very small!



Photos: LRI, Tick-Encounter Resource Center

© Her Majesty the Queen in Right of Canada, as represented by the Minister of Health, 2020
PRINT Cat.: H44-522/3-2019 • ISBN: 978-0-660-33147-0 • Pub. 190541
PDF Cat.: H44-522/3-2019E-PDF • ISBN: 978-0-660-33145-6

Don't forget to also check your pets

Found a tick?
Remove it immediately to reduce the risk of infection.

Canada.ca/LymeDisease



Government
of Canada

Gouvernement
du Canada

Canada