



# TICKS AND LYME DISEASE

## HOW TO PREVENT TICK BITES WHEN WORKING OR ENJOYING THE OUTDOORS

Ticks that carry Lyme disease live in woodlands, tall grasses and bushes. Protect yourself:

- Wear light-coloured clothing. It makes ticks easier to spot.
- Wear closed footwear and socks, a long sleeved shirt and long pants. Tuck your pants into your socks.
- Use a tick repellent that has DEET or Icaridin on clothes and exposed skin (be sure to follow the manufacturer's directions).



- Search your clothes and body for ticks at least once a day, paying special attention to the groin, armpits and scalp. Use a mirror to check the back of your body or have someone else check for you.

- Take a shower as soon as you can after being outdoors to more easily find and wash off any ticks crawling on you.
- Place outdoor clothing through the dryer cycle for 60 minutes on high heat to kill any ticks.



[ontario.ca/lyme](http://ontario.ca/lyme)

## HOW TO REMOVE A TICK

1. Use fine-tipped tweezers to grasp the tick as close to your skin as possible. Do not use your fingers.
2. Pull the tick straight out, gently but firmly. Don't squeeze it. Squeezing the tick can cause Lyme bacteria to be accidentally introduced into your body.
3. After removing the tick, place it in screw-top bottle and take it to your doctor or local health unit for tick identification and possible testing. Submitting a tick is to assist with the provincial surveillance program and decisions to diagnose or treat for Lyme disease should not be delayed by the wait for test results.
4. Thoroughly cleanse the bite site with rubbing alcohol and/or soap and water.



**NOTE: DO NOT BURN THE TICK OR USE NAIL POLISH, PETROLEUM JELLY OR ANOTHER SUBSTANCE. THESE METHODS MAY INJECT LYME DISEASE BACTERIA INTO THE SKIN.**

### If you have pets:

- Talk with your veterinarian about appropriate tick prevention for your pet.
- Check your pet regularly for ticks if they spend time outdoors (steps for removing a tick for your pet are the same as the steps you would follow for yourself).



## LYME DISEASE SIGNS AND SYMPTOMS

- FEVER
- HEADACHE
- MUSCLE AND JOINT PAINS
- SPASMS
- NUMBNESS OR TINGLING
- FACIAL PARALYSIS
- FATIGUE
- SWOLLEN GLANDS
- EXPANDING, NON-ITCHY SKIN RASH  
(rashes can look like a red bull's eye, be bluish-purple in colour, or be crusting or blistering)



**NOTE: PEOPLE WITH LYME DISEASE OFTEN SEE SYMPTOMS AFTER 1–2 WEEKS. BUT SYMPTOMS MAY APPEAR AS EARLY AS 3 DAYS OR AS LONG AS A MONTH AFTER A TICK BITE.**



## TREATING LYME DISEASE

See a health care professional as early as possible if:

- you have symptoms
- you feel unwell in the weeks following a bite
- you have been in an area where ticks may live and no bite is evident

Tell the health care professional about your tick bite or where you were. If you were bitten and saved the tick, bring it to your medical appointment.

The earlier treatment is received the better. Most cases of Lyme disease can be treated successfully with a few weeks of antibiotics.

### MORE INFORMATION

- [ONTARIO.CA/LYME](http://ONTARIO.CA/LYME)
- PUBLIC HEALTH ONTARIO – [bit.ly/1MetqFJ](http://bit.ly/1MetqFJ)
- PUBLIC HEALTH AGENCY OF CANADA – [bit.ly/1Drr1D6](http://bit.ly/1Drr1D6)

[ontario.ca/lyme](http://ontario.ca/lyme)