



HEALTH
DEPARTMENT

Protect Yourself Against

LYME DISEASE

SYMPTOMS

If you experience any symptoms after exposure to a tick, or after spending time in wooded or grassy areas, contact your health care provider immediately

Early symptoms may include, but may not be limited to:

- Rash – often circular or “bull’s eye”
- Fever / chills
- Fatigue
- Headache
- Muscle or joint pain



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Feb 2016

Environmental Help Line
1-888-777-9613
durham.ca



PROTECT YOURSELF

Lyme disease is a serious bacterial illness that is spread by the bite of an infected blacklegged tick ("deer" tick).

- **Use a bug repellent** containing DEET, and always read and follow directions on the product label.
- **Stay in the center of trails** when walking and hiking in grassy or wooded areas
- **Wear light-coloured clothes** so it's easier to spot ticks
- **Wear long-sleeved shirts, long pants, and closed footwear** and tuck pants into socks
- **Check yourself, family members, and pets** for ticks after outdoor activities
- **Take a shower or bath** within 2 hours of being outside to remove loose ticks



TICK REMOVAL

Note: Remove attached ticks within 24-36 hours to reduce the possibility of infection.

1. Using fine tipped tweezers, grasp the tick's head and mouth parts as close to your skin as possible
2. Firmly but gently pull the tick straight out of your skin. Do not crush or twist the tick during removal, and ensure the mouth parts have been removed
3. Wash the area around the bite site with soap and water
4. Place the tick in a dry, sealed container, and take it to your local health department or health care provider

