

Let's Target Lyme Disease – Get Tick Smart!



What is Lyme Disease?

Lyme disease is spread by certain types of ticks. Ticks need to feed on blood to develop to maturity and lay their eggs. Ticks usually feed on small rodents, birds, and deer, but they will also attach themselves to people who spend time outside in forested or brushy areas. In Ontario, only blacklegged ticks (“deer ticks”) carry Lyme disease.

WARNING: There are blacklegged ticks in Durham Region, and some have been found to carry the bacterium that causes Lyme disease. Anyone bitten by a tick, or showing signs of Lyme disease after spending time in a forested or brushy area, should contact their health care provider to see if they should be tested or treated for Lyme disease.

For more information about ticks and Lyme disease call the Durham Health Connection Line at 1-800-841-2729 or go to <https://www.durham.ca/en/health-and-wellness/lyme-disease.aspx>.

For more information about insect repellents containing DEET, visit <https://www.canada.ca/en/health-canada/services/about-pesticides/insect-repellents.html>.



durham.ca/health

