

Protect Against Lyme Disease – Get Ticked Off!

Some types of ticks can carry and spread Lyme disease. If you find a tick attached, remove it as soon as possible:

- Using tweezers, gently grasp the tick near its head as close to the skin as possible.
- Slowly pull straight up, making sure to remove the mouth parts from the skin.
- Wash the bite site with soap and water and then disinfect it with rubbing alcohol or antiseptic.
- If possible, save the tick in a tightly closed container and take it to your health care provider for identification and to discuss the need for treatment.



WARNING: Anyone bitten by a tick or anyone 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>.



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If you require this information in an accessible format, contact 1-800-841-2729.