

How do I avoid ticks ?

- Wear light-coloured clothing. It makes ticks easier to spot.
- Wear long pants and a long sleeved shirt.
- Wear closed footwear and socks, never sandals. Tuck your pants into your socks.
- Use a tick repellent that has "DEET" (following the manufacturer's directions). Apply it to your skin and outer clothing. Avoid your eyes and mouth, as well as cuts and scrapes.
- Put a tick and flea collar on your pet and check for ticks periodically.
- If in an area where you might get a tick bite, search your body well for ticks. It's important to do this each day. Pay special attention to areas such as groin, scalp and armpits. Use a mirror to check the back of your body or have someone else check it.

What do I do if I spot a tick ?

- Prompt removal of ticks from your skin will help prevent infection, since transmission of *Borrelia burgdorferi* is unlikely to occur when the tick was attached for less than a day or so.
- Carefully use tweezers. Grasp the tick as close to your skin as possible. Pull it straight out, gently but firmly.
- Save the tick alive in a jar or screw-top bottle if you can, and take it to your doctor. Your doctor can send it to a public health laboratory for identification. Establishing the type of tick may help to assess your risk of acquiring Lyme disease.
- Try to describe the area that the tick came from. It will also help public health workers identify areas of high risk.
- Don't squeeze it. Squeezing can speed up infection.
- Don't put anything on the tick, or try to burn the tick off.
- Disinfect the bite with rubbing alcohol.

Who can tell me more about Lyme disease?

Talk to your doctor, or contact your local public health unit for more information.

Government of Ontario

For information about health services and resources: www.health.gov.on.ca

For consumer-friendly health tips and information: www.HealthyOntario.com

INFOLine: 1-877-234-4343
TTY: 1-800-387-5559

Telehealth Ontario: 1-866-797-0000
TTY: 1-866-797-0007

INFOLine is open during business hours and can provide general information on healthcare.

Telehealth Ontario is a 24/7 service which uses nurse practitioners to answer your immediate health concerns.

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