

Going outdoors?

Get tick smart

Know the bug.
Know the bite.
Know what to do.



Protect yourself against Lyme disease.

Some tick bites may cause Lyme disease. Take these steps to prevent tick bites:

- Use bug repellent containing DEET.
- Avoid shrubs and tall grassy areas.
- Cover up! Wear long sleeve tops and pants.
- Tuck your pants into your socks for extra protection.
- Check yourself and children for ticks.

Let's
Target
Lyme 

www.ontario.ca/lyme



Tick bites can cause Lyme disease

Know the bug.

Black-legged ticks are very small and hard to see. They are usually found low to the ground, on tall grass blades or on shrubs. If you find a tick on yourself remove with tweezers.

Know the bite.

Tick bites are usually painless and are not itchy. You may not even notice you have been bitten. Some people may develop a bull's-eye-like rash.

Know what to do.

If you have been bitten by a tick, visit your health care provider to see if you should be tested for Lyme disease. Early treatment with antibiotics is usually successful in most cases.

Know the symptoms.

A circular rash referred to as a "bull's-eye" rash could be one of the earliest symptoms of an infection. If you develop a "bull's-eye" rash, fever, chills or extreme fatigue or feel like you have the flu, see your health care provider. Be sure to tell them if you have been camping, fishing or have been active outdoors.

Diagnosing Lyme disease can be challenging since symptoms can appear like many other ailments. Left untreated, Lyme disease can cause serious health problems. The good news is that if caught early, Lyme disease can be treated.

**Let's
Target
Lyme** 

www.ontario.ca/lyme