



FIGHT THE BITE! **BE TICK** **AWARE**

Lyme disease is passed on to humans through the bite of an infected tick. Use personal protection to help stop ticks from biting you:

Wear light-coloured clothes to make it easier to spot ticks

Wear long pants, a long-sleeved shirt, closed footwear, and tuck your pants into your socks when walking in grassy or wooded areas

Apply insect repellent/bug spray containing DEET and follow the directions on the container

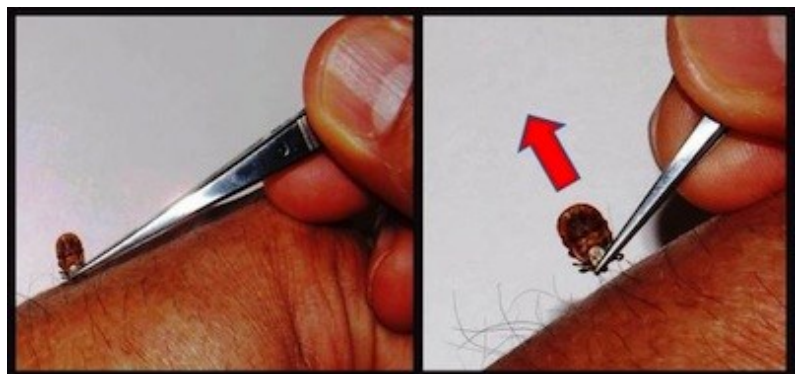
Check yourself after leaving an area where ticks may live—especially after visiting trails, long grass, and wooded areas

WHAT HAPPENS IF A TICK IS FOUND ON A PERSON'S BODY?

It is important to remove the tick as soon as possible to prevent infection. Lyme disease is unlikely to be passed on if the tick was attached for less than a day.

HOW TO REMOVE A TICK

Properly remove a tick by pulling straight up from the skin using tweezers and steady pressure. For safe removal of a tick, the Middlesex-London Health Unit suggests you follow these instructions:



- Try to wear gloves when handling an engorged (blood fed) tick
- Use tweezers and grab the tick as close to the head as possible. Do not use your fingers.
- Pull the tick upward and away from the body with steady pressure. Be sure to pull the tick straight out.
- Once the tick has been removed, clean the area with soap and water. Seek medical attention if you are concerned about a possible skin infection.
- Wash your hands thoroughly.
- If possible, save the tick so it can be submitted to the Health Unit for identification.