

# Treatment & Prevention

## Ticks and Lyme Disease

Ticks that carry Lyme disease live in woodlands, tall grasses and bushes. Protect yourself:

### Dress to protect

Wear light-coloured clothing, to make ticks easier to spot.

Tuck your clothes in to avoid exposed skin and points of entry.

Spray clothing and exposed skin with a tick repellent that has DEET or Icaridin.

Wear closed footwear and socks.

### After being outdoors...

Search your clothes and body for ticks at least once a day.

Shower after being outdoors to easily find and wash away ticks.

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#### Areas to Check for Ticks

Pay close attention to the groin, navel, armpits, scalp and behind ears and knees.

### Tick Removal

- Use fine-tipped tweezers to grasp the tick as close to your skin as possible. Do not use your fingers.
- Pull the tick straight out, gently but firmly. Squeezing the tick can cause Lyme bacteria to be accidentally introduced into the body.
- Cleanse bite using soap or rubbing alcohol.



- After removing the tick, place it in screw-top bottle and take it to your doctor or local health unit for tick identification and testing.
- See a health care professional as early as possible if you have symptoms or you feel unwell in the weeks following a bite.

### Most Commonly Found Ticks in Canada



**Western Blacklegged**

**Eastern Blacklegged (Deer Tick)**

### Symptoms of Lyme disease

- Fever
- Headache
- Muscle and joint pains
- Spasms
- Numbness or tingling
- Facial paralysis
- Fatigue
- Swollen glands
- Expanding skin rash

A Message from the Unifor National Joint Health and Safety Committee



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