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

**Areas to Check for Ticks**
- Groin
- Navel
- Armpits
- Scalp
- 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

Source: ontario.ca/lyme

A Message from the Unifor National Joint Health and Safety Committee