

Canada.ca/LymeDisease

HOW TO CHECK FOR TICKS



HOW TO REMOVE A TICK



Contact your health care provider if you are not feeling well.



Wash the bite area with soap and water or an alcohol-based sanitizer.

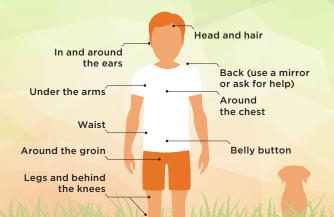


Use clean fine-point tweezers to slowly pull it straight out.

For more information, including detailed tick removal steps, visit Canada.ca/LymeDisease

DO A DAILY TICK CHECK *

When you return from outdoor activities, check your entire body, especially:



Don't forget to also check your pets

Between the toes