

Fight the Bite! AGAINST BLACKLEGGED TICKS AND LYME DISEASE



WHAT ARE BLACKLEGGED TICKS?

Ticks are small bugs that feed off the blood of animals and humans. Adult ticks are the size of a sesame seed. Nymphs (adolescent ticks) are no bigger than a poppy seed.

Ticks attach themselves to people or animals who brush past. Most tick bites are painless and ticks can attach themselves and feed for up to five days.

Ticks can be found on tall grasses and bushes in wooded areas almost anywhere in Ontario including York Region.

WHAT IS LYME DISEASE?



Lyme disease is caused by a bacteria called *Borrelia burgdorferi* which is spread through the bite of an infected blacklegged tick. Not all ticks are infected with the bacteria.

SYMPTOMS OF LYME DISEASE MAY INCLUDE:

- A skin rash
- Fatigue or weakness
- Headache
- Fever or chills
- Dizziness or confusion
- Muscle and joint pain
- Swollen lymph nodes

Most people will start to show signs of illness within one to two weeks. See your health care provider if you develop symptoms of Lyme disease after a tick bite or after visiting a wooded or brushy area.



PROTECT YOURSELF EACH TIME YOU ARE IN A WOODED OR BRUSHY AREA BY:

- Wearing light-coloured, long pants, long-sleeved tops and closed footwear
- Using an insect repellent containing DEET or icaridin
- Walking in the middle of the trail
- Showering when you get home to remove unattached ticks
- Checking yourself, your family and your pets for ticks
- Removing attached ticks as quickly as possible

IF YOU FIND A TICK ON YOU OR A FAMILY MEMBER REMOVE IT QUICKLY!

1. Grasp the tick with tweezers as close as possible to your skin and pull it straight out
2. Do not put anything on the tick or try to burn it off
3. Disinfect the area with rubbing alcohol
4. Visit etick.ca for **FREE tick identification**



For more information on how you can protect yourself and your family from Lyme disease, visit york.ca/lymedisease or call Health Connection at 1-800-361-5653