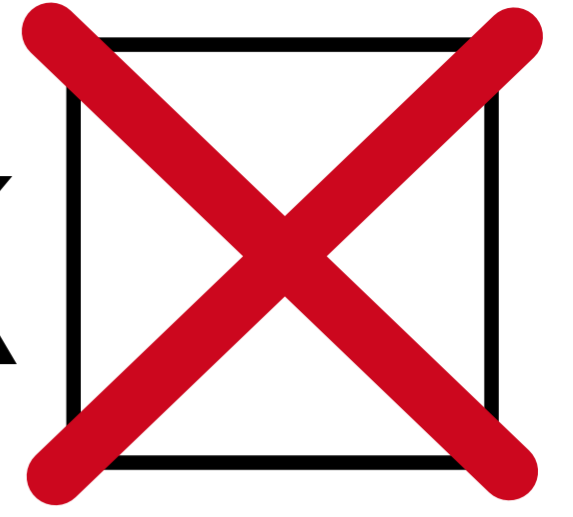




**TICK**



**NO TICK**



# PROTECT YOURSELF AGAINST LYME DISEASE

**LYME DISEASE** is an illness resulting from the bite of a tick infected with a bacterium called **BORRELIA**.

Infected ticks are most common in areas with forest and scrub vegetation.

Tick bites are most likely to occur in the months between April and September.

## PREVENTING TICK BITES

**USE INSECT REPELLENT ON EXPOSED SKIN. DEET IS VERY EFFECTIVE.**

Clothing should be treated with insecticide sprays or solutions, such as a permethrin based product.

**In grassy or woodland areas, wear long trousers and tuck the legs of the trousers into your socks.**

When returning from outdoor activity, check your whole body for ticks.

## HOW TO REMOVE A TICK

**REMOVE THE TICK AS SOON AS POSSIBLE AFTER YOU NOTICE IT.**

Remove the tick by using the twister as described.

**If using tweezers grip gently and firmly near the head and pull until it releases its hold on the skin.**

Be aware of any changes in your health, such as a rash, fevers, or prolonged headaches.



**SEEK MEDICAL ADVICE IF YOU THINK YOU MIGHT HAVE EARLY LYME DISEASE.**

**The disease is easily treated with antibiotics.**