

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.

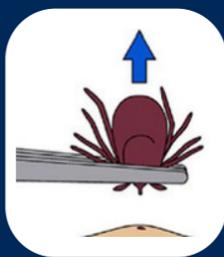
Shower after being outdoors to easily find and wash away ticks.

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



UNIFOR
theUnion | lesyndicat