

Enjoy the outdoors safely

Lyme Disease

Protect yourself from tick bites



Protect yourself from tick bites while enjoying the outdoors:

- **Cover as much of your skin as possible.**

Wear enclosed shoes.

Tuck your shirt into your pants.

Tuck your pant legs into your socks.

- **Use insect repellent containing DEET on exposed skin.**

Follow directions on the label.

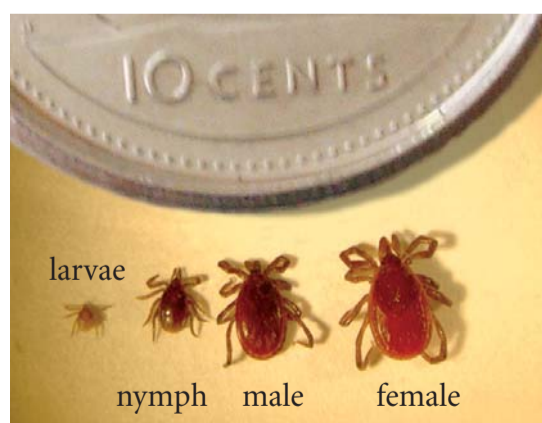
Do not use DEET on children under 6 months.

- **Check yourself, your children, and your pets after your walk.**

Include armpits, groin, and scalp.

Remove ticks from skin promptly and carefully using tweezers.

See our pamphlet for more information.



Blacklegged ticks (enlarged 550%)

Only Blacklegged ticks may carry Lyme disease. This photo shows what the ticks look like at different stages.

For more information, go to www.gov.ns.ca/hpp/cdpc, or call your local Public Health office.