

Enjoy the outdoors safely

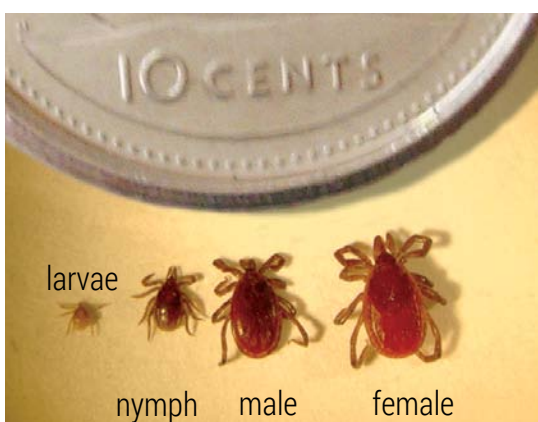
Lyme Disease

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 or Icaridin on exposed skin.**
Follow directions on the label.
Do not use DEET or Icaridin 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 novascotia.ca/dhw/cdpc, or call your local Public Health office.