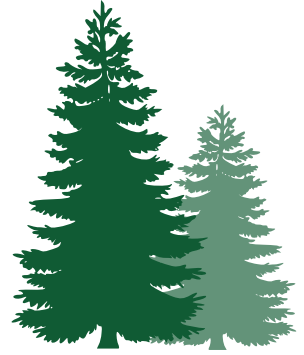




BC Centre for Disease Control
Provincial Health Services Authority

Going outdoors? Watch for ticks!



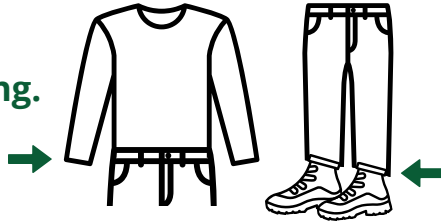
Ticks can grab onto you from the grass, bushes and forests of BC. While most tick bites don't cause diseases, some can make you very sick. Prevent tick bites and remove them quickly to avoid diseases, like Lyme disease.

Before going outdoors

1

Wear light coloured, long sleeved clothing.

Tuck in your shirt and pants.



2

Use bug spray

with DEET or Icaridin on your clothes and uncovered skin.



After going outdoors

3

Do a full body check for ticks on:

- yourself
- kids
- pets
- outdoor gear



If you find a tick on your skin

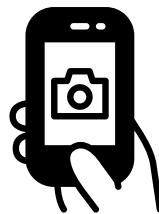
4



Use tweezers to grab the head of the tick and remove it.

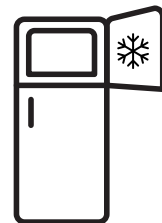
Wash the area with soap.

5



Take a photo of the tick and submit to eTick.ca

6



Store the tick in a container in the freezer for 30 days.

**Watch for symptoms like a rash or fever.
Talk to a health care provider if you feel unwell within 30 days.**

For more information, visit the BCCDC Lyme Disease website.