

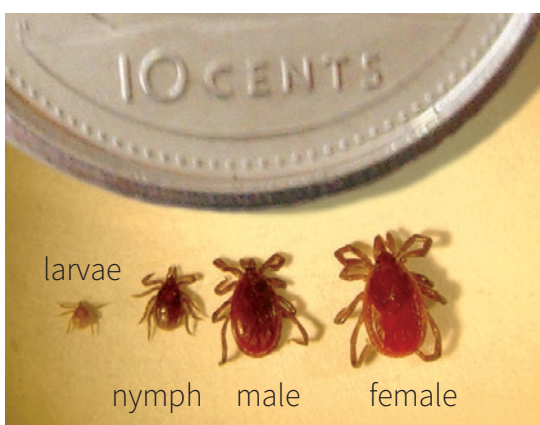
Enjoy the outdoors safely

# 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.  
Shower or bathe within 2 hours of being outdoors.  
Put clean and dry clothes in a dryer on high heat for at least 10 minutes.  
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](http://novascotia.ca/dhw/cdpc), or call your local Public Health office.