

Be Protected Against Lyme Disease



What is Lyme disease?

It is an illness caused by bacteria that is spread by the bite of an infected blacklegged tick. Lyme disease is treatable with antibiotics.

What are blacklegged ticks?

Blacklegged ticks are very small. Adult female are three-to-five millimetres in length and dark brown in colour. Immature ticks are smaller and lighter in colour. Once on bare skin, ticks attach by their mouth parts. After feeding on blood, ticks can become the size of a small grape.



Actual Size

How to be protected against tick bites

Prevent tick bites during the summer and into the fall, particularly if you spend time outdoors in areas that may have ticks:

- Wear **protective clothing**, like enclosed shoes, long-sleeved shirts tucked into pants, and long-legged pants tucked into socks or boots. Ticks are more visible on light-coloured clothing.
- Use **insect repellents**, containing DEET or other Health Canada approved ingredients.
- Remove **leaves, clear brush, and tall grass** around your house. Ticks prefer wooded and bushy areas with tall grass and leaf litter. Avoid these areas and walk in the middle of trails.
- Look for **ticks on clothing and skin** after being outdoors and remove them immediately. Use a mirror to view all parts of your body. Check children and pets daily.

- Remove **attached ticks with tweezers**. Grasp the tick's head as close to the skin as possible and pull slowly until the tick is removed. Do not twist or rotate the tick. After removing ticks, wash the site of attachment with soap and water, or disinfect with alcohol or household antiseptic. Note the day of the tick bite.

What are the symptoms of Lyme disease?

In most cases, the first symptom of Lyme disease is a bull's eye target rash near the tick bite. The rash usually appears seven-to-ten days after the bite, but the range is between three-to-thirty days.



You may also develop flu-like symptoms such as fever, headache, tiredness, stiff neck, all-over soreness, and joint pain or swelling. These symptoms may appear in stages and occur over a period of months.

See your **family doctor** if you develop a bull's eye target rash and/or have flu-like symptoms.

Be protected.

Visit www.gnb.ca/health to find out more about Lyme disease.