

BITTEN BY A TICK?



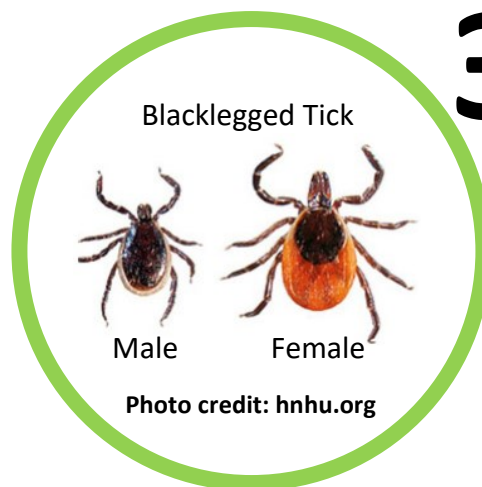
1 Remove the tick with fine tipped tweezers by slowly pulling it straight out.



2 Wash area around the bite with soap and water.



Do not take the tick to a hospital or Public Health



3 Want to identify the tick? Submit a picture at etick.ca

4 If tick was attached for...



Speak with a doctor within 3 days of removing the tick



Watch for signs/symptoms for 30 days

If signs/symptoms develop at any time



Speak with a doctor

Possible Early Signs/Symptoms of Lyme Disease:

- rash (sometimes shaped like a bull's eye)
- fatigue
- aching muscles and joints
- headache
- fever/chills
- stiff neck
- decreased appetite

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TTY: 711 or visit hpePublicHealth.ca