

Protect Yourself Against Lyme Disease



What is Lyme disease?

Lyme disease is a bacterial illness spread by the bite of an infected blacklegged tick. Lyme disease is treatable with antibiotics.

What are blacklegged ticks?

Adult ticks can range from three-to-five millimetres in length and are light or dark brown; 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. Ticks are most active in summer and fall.



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 10 days after the bite, but this could occur between three to 30 days.



Bull's Eye Target Rash

Centers for Disease Control and Prevention

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.

Be protected against tick bites

If you spend time outdoors in areas that may have ticks, follow these simple steps:

- **Wear protective clothing** such as enclosed shoes, long-sleeved shirts tucked into pants, and long-legged pants tucked into socks or boots. Ticks are easier to spot on light-coloured clothing.
- **Use insect repellent**, containing DEET or other ingredients approved by Health Canada.
- **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.
- After being outdoors, **check for ticks on yourself, your family and your pets** and if found, remove them immediately. Ticks are very small, so look carefully.
- **Remove attached ticks with tweezers.** Grasp the tick's head as close to the skin as possible and pull slowly until it 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.

See your family doctor if you develop a rash and/or flu-like symptoms within 30 days of removing a tick.

Visit gnb.ca/publichealth or dial **811** to find out more about Lyme disease and other insect and animal-related diseases.