**FIGHT THE BITE! AGAINST BLACKLEGGED TICKS AND LYME DISEASE**

**What is Lyme disease?**
Lyme disease is caused by a bacteria called *Borrelia burgdorferi* which is spread through the bite of an infected blacklegged tick.

**Symptoms of Lyme disease may include:**
- A skin rash
- Fever or chills
- Fatigue or dizziness or confusion
- Weakness
- Muscle and joint pain
- Headache
- Swollen lymph nodes

See your health provider if you develop symptoms of Lyme disease after a tick bite or after visiting a wooded or brushy area.

**What are blacklegged ticks?**
- Ticks are small bugs that feed off the blood of animals and humans
- Adult ticks are the size of a sesame seed and nymphs are the size of a poppy seed
- Ticks are found on tall grasses and bushes in wooded areas
- They can attach and feed up to five days

**Protect yourself in wooded or brushy areas**
- Wear light-coloured, long-sleeved clothing and closed footwear
- Use insect repellents containing DEET or icaridin
- Walk in the middle of trails
- Shower when you get home
- Check yourself, your family and your pets for ticks
- Remove attached ticks as soon as possible

**Tips for removing ticks**
- Use tweezers to grasp tick as close to skin as possible
- Pull straight out
- Do not put anything on the tick or try to burn it off
- Disinfect the area with alcohol or soap and water
- Wrap the tick in a moist paper towel and put in a sealed container
- Store in the fridge until you can take it to a York Region Public Health location

For more information on how you can protect yourself and your family from Lyme disease, call York Region Health Connection at 1-800-361-5653 or visit york.ca/lymedisease

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**FIGHT THE BITE! AGAINST WEST NILE VIRUS**

**What is West Nile virus?**
West Nile virus is spread to humans from the bite of an infected mosquito.

**How to protect yourself when outdoors**
- Wear light-coloured, long-sleeved shirts and pants
- Use insect repellents containing DEET or icaridin
- Cover up at dusk and dawn when mosquitoes are most active

**How York Region protects you**
York Region’s West Nile Virus Program includes
- Liming over 100,000 catch basins during the summer
- Using mosquito traps to capture and test for West Nile virus infected mosquitoes

**Mosquito-proof your home**
- Clean up areas of standing water around your home
- Ensure door and window screens are tight-fitting and in good repair
- Clean up pools / pool covers
- Turn over wading pools
- Empty out flower pots
- Clear eavestroughs, storm and roof gutters
- Clean bird baths weekly
- Empty water in old tires

For more information on West Nile virus, call York Region Health Connection at 1-800-361-5653 or visit york.ca/westnile