

FIGHT THE BITE! AGAINST BLACKLEGGED TICKS AND LYME DISEASE

What is Lyme disease?



Symptoms of Lyme disease may include:

- A skin rash
- Fatigue or weakness
- Headache
- Fever or chills
- Dizziness or confusion
- Muscle and joint pain
- Swollen lymph nodes

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

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



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 larviciding over 100,000 catch basins during the summer and 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

