

## What is Lyme Disease?

It is an illness caused by bacteria usually transferred through the bite of an infected tick. These ticks are hard to see and feed through the spring & summer months. They are present outdoors almost everywhere in the Ottawa area & across Eastern Ontario. A vaccine for Lyme Disease is not currently available.

## What are the symptoms?

### STAGE 1 (3-30 days after bite)

Rash, fever, joint stiffness & muscle aches

### STAGE 2 (3-10 weeks after bite)

Rash spread, joint swelling, muscle weakness & pain

### STAGE 3 (2-12 months after bite)

arthritis, enlarged joints, pain & swelling

## Populations at increased risk include those who ...



- Spend time outdoors in wooded, shrubby or grassy areas
- Have frequent contact with tick carrying animals like cats, dogs, horses, etc..

## How do I protect myself?



Use approved insect repellent (DEET or icaridin).



Wear light colored clothing for easy spotting.



Check for ticks after being outdoors for prolonged periods.



Pay careful attention to toes, knees, groin, armpits & scalp.

## What do I do if I find a tick on me?

Remove it as soon as possible. The risk of getting Lyme Disease increases with length of time the tick is attached. Since Ottawa is a high-risk area, it is important to contact your doctor if you believe a tick has been attached to you for 24 hours or longer.

- Use fine-pointed tweezers.
- Grab the ticks head as close to the skin as possible and pull slowly until it is removed.
- Do not twist or rotate the tick. Do not use a match, lotion or anything else on the tick.
- Wash the bite site with soap & water.
- If you're going to see your doctor & want to bring the tick, place it in a resealable bag with a moist paper towel.
- You can dispose of a live tick by flushing it down the toilet or by placing it in a sealed bag and sending it with household garbage.

## What if I have other concerns?

Report any tick-related incidents or hazards to our Health & Safety team at <https://carleton.ca/ehs/cu-worksafe/>

