

For more information, including detailed tick removal steps, visit Canada.ca/LymeDisease

Contact your health care provider if you are not feeling well.



Wash the bite area with soap and water or an alcohol-based sanitizer.



Use clean fine-point tweezers to slowly pull it straight out.



HOW TO REMOVE A TICK

HOW TO CHECK FOR TICKS

Canada.ca/LymeDisease



Public Health
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