



Protect yourself from Lyme disease



Be prepared

Use insect repellent with DEET or icaridin and wear long sleeves and pants.



Check for ticks

Look for ticks on yourself, your family and your pets after being outdoors.



Signs & symptoms

Expanding skin rash, fever, chills, headache, stiff neck, muscle aches and joint pains, fatigue (more tired than usual), swollen lymph nodes, spasms, numbness or tingling, facial paralysis.



Learn more about Lyme disease at ontario.ca/lyme

