

PROTECT YOURSELF FROM

LYME DISEASE



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Symptoms may Include

Rash, fever, chills, headache, fatigue, muscle/joint aches; problems with your heartbeat, breathing, balance, short-term memory.



Be Prepared

Use bug spray with DEET and wear long sleeves and pants.



Check for Ticks

Look for ticks on yourself and your family after going outdoors.



Learn more about protecting yourself from Lyme disease at ontario.ca/lyme

ontario.ca/lyme