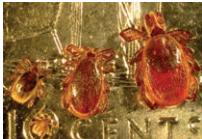


Tick-borne Diseases are in Manitoba

The blacklegged tick is the most common carrier of tick-borne diseases in Manitoba, including Anaplasmosis, Babesiosis and Lyme disease.



Protect Yourself from All Tick Bites

Apply an appropriate tick repellent, containing either DEET or Icaridin, to both clothing and exposed skin.

Wear light-coloured long clothing so ticks are more visible.

After being outdoors, check yourself, children and pets for ticks as soon as possible.

How to Remove a Tick

Remove the tick as soon as possible.

Use fine tweezers to grasp the tick as close to the skin as possible.

Pull up with steady, even pressure.

Do not crush or twist. Clean the bite wound with soap and water.



Don't use petroleum jelly, nail polish, or a hot match to remove the tick.

Mark the date of tick bite on a calendar. Save your tick and visit: www.manitoba.ca/tickborne for more information, including symptoms of tick-borne diseases.

Treatment for tick-borne diseases is available. See your health care provider if you develop symptoms.