

Protect yourself against West Nile virus and Lyme disease

Whether you're staying active outdoors, camping, or gardening, it's important to protect yourself and your family against West Nile virus and Lyme disease. West Nile virus is spread to humans through the bite of an infected mosquito, while Lyme disease is spread through the bite of an infected blacklegged tick.

To reduce your risk:

- Wear closed-toe shoes, socks, and light-coloured, long-sleeved shirts, and pants (dark colours attract mosquitos)
- Tuck pant legs into socks when walking in long grass.
- Apply bug spray with DEET or Icaridin to skin and clothing.
- After you get home from the outdoors, do a full body check for ticks on yourself, your children and your pets.
- Have a shower or bath within 2 hours of being outdoors.
- Clean up standing water around your home where mosquitoes like to breed

If you find a tick attached to your body, use tweezers or a specially designed tick remover to grab the insect as close to your skin as possible, and pull it straight out. Make a note of:

- Where you may have picked up the tick
- Where on your body it bit you
- The date of the bite

You can learn more and report your tick bite at etick.ca. If you feel unwell after a tick bite, call your doctor.

For more information on West Nile Virus and Lyme disease, visit Grand Erie Public Health's website on [West Nile Virus](#) and [ticks](#), or call the health unit at 519-753-4937 ext 470.

