

# Camping and hiking this season?

## Let's Target Lyme



[www.lambtonhealth.on.ca](http://www.lambtonhealth.on.ca)

**When spending time outdoors  
in wooded or grassy areas:**

- cover up with light-coloured clothing
- wear socks and closed-toed shoes
- tuck pants into socks
- use insect repellent containing DEET
- stay on marked trails and avoid long grasses
- check your entire body and your pets for ticks
- remove any attached ticks by using finely tipped tweezers as close to skin as possible
- save the tick and submit it to the local health unit for identification

**For more information contact:**



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