

Fight the Bite! Protect yourself against West Nile virus and Lyme disease

Whether you are heading outdoors to keep active, go camping or work in your garden, 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.

What you can do:

- Cover up; wear light coloured, long-sleeved shirts and pants when you go outdoors
- Use an insect repellent containing DEET or icaridin
- Check yourself and your children for ticks
- Remove attached ticks as quickly as possible
- Clean up standing water around your home where mosquitoes like to breed



For more information on West Nile virus and Lyme disease, visit publichealthgreybruce.on.ca/Your-Health/Infectious-Diseases/Professional-Resources/Ticks-and-Lyme-Disease

<https://www.canada.ca/en/public-health/services/diseases/west-nile-virus/prevention-west-nile-virus.html>

Now get out there and enjoy the great outdoors!

This material is provided by Grey Bruce Health Unit.