

5 Anti-Ticks Tactics

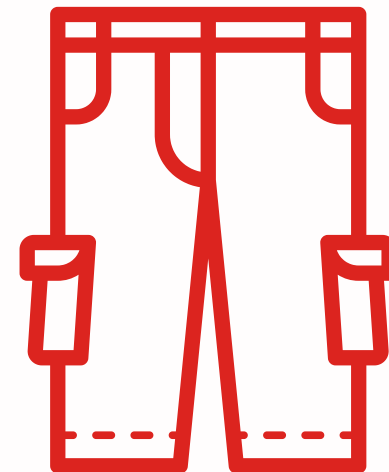
Good practices to protect yourself from Lyme Disease

#1



Stay on the trails

#2



Wear long clothes, ideally in light colours

#3



Apply an icaridine or DEET-based insect repellent

#4



Shower and inspect your body as soon as possible

#5



Wash/dry your clothes and examine your equipment



If bitten, safely remove the tick by following the Quebec government's guidelines



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