

Helping Canadians prevent, recognize, and navigate the challenges of Lyme disease

LYME DISEASE is a serious threat that is on the rise in Canada, yet many Canadians haven't been informed about how to protect themselves or how to recognize the disease. Many others are unable to receive the diagnosis and treatment they need. The Canadian Lyme Disease Foundation (CanLyme) is dedicated to raising awareness and promoting research, education, and treatment for acute and chronic Lyme disease and other tick-borne infections.

Get a tick removal kit

CanLyme's Tick Removal Kit has everything you need to properly remove and store a tick for further identification and testing, and is easy to pack and find in your backpack, purse, glove box, first aid kit and in your home.

www.canlyme.com/shop/



We are a volunteer driven, registered charity. All proceeds go to education, prevention, awareness, research, and support.



Heading outdoors?

Stay safe in the outdoors. Learn how to prevent tick encounters and Lyme disease.

www.canlyme.com

Staying safe in the outdoors. Together.



CanLyme

CANADIAN LYME DISEASE FOUNDATION

FONDATION CANADIENNE DE LA MALADIE DE LYME

www.canlyme.com

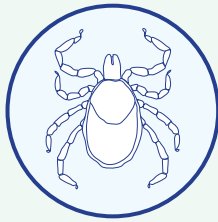


Lyme disease can change everything. Be tick aware.

What is Lyme disease?

Lyme disease is an inflammatory infection spread primarily through the bite of a tick. Ticks pick up various strains of *Borrelia* bacteria by feeding on infected animals such as rodents and birds.

Not all ticks carry the Lyme bacteria, and ticks can transmit other infections as well. Tick-borne infections can affect virtually every system in the body. Learn more about ticks and the diseases they carry at CanLyme.com



Is it serious?

Lyme disease is most treatable in its early stages. Once the infection has become established, it can progress and cause serious health issues. If you suspect Lyme disease, seek medical attention right away.

How do I know if I have Lyme disease?

Many people with Lyme disease don't recall seeing a tick on them or feeling a tick bite. Flu-like symptoms or a rash that may look like a bullseye could be the first indication of a Lyme infection. Keep Lyme disease in mind if these symptoms appear; early treatment can prevent long term complications.

What happens if early symptoms are missed?

Lyme disease can affect any part of the body, causing symptoms that can move around the body and mimic other diseases such as MS, CFS, fibromyalgia, arthritis, dementia, and mental health and neurologic disorders.

If your doctor is having trouble finding the cause of your symptoms, a Lyme diagnosis should be considered. Although testing may be helpful, you can have a negative test result and still have Lyme disease.

If you suspect Lyme disease, don't wait for your symptoms to get worse. Complete the detailed Lyme questionnaire on our website and share the information with your doctor immediately.

Who can contract Lyme disease?

Ticks that carry *Borrelia* and other pathogens can be found from coast to coast. Although the risk is higher in some regions, these areas are expanding every year. Tick-borne infections can also be transmitted in ways other than a tick bite. Visit CanLyme.com to learn more.

Your pets can get tick bites, Lyme disease, and bring ticks into your home. Check your pets for ticks and ask your veterinarian about tick prevention.



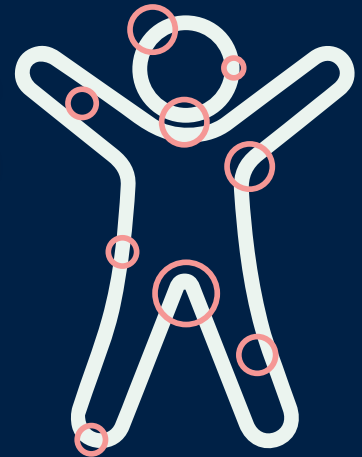
Looking at Lyme is an educational podcast, designed to increase awareness and empower listeners with expert knowledge.
www.lookingatlyme.ca



LOOKING AT
LYME.ca

How can I prevent Lyme disease?

1. Avoid tick infested areas when possible including moist shaded environments, leafy wooded areas and overgrown grassy habitats. Stay on pathways when possible.
2. Wear light coloured long pants, long-sleeved shirts and a hat. Tuck your pants into your socks. Ticks climb up to find exposed skin.
3. Apply insect repellent proven to be effective against ticks.
4. Keep tweezers or a tick removal kit on hand and learn how to safely remove a tick. Take pictures and keep the tick!
5. Check for ticks while outside and when you get home. You may not feel a bite and some ticks are as small as a poppy seed. Check your children and pets too!



Learn more at CanLyme.com.