May 18: Take Steps to Avoid Ticks & Lyme Disease



The government encouraged Nova Scotians to learn to avoid the blacklegged tick bites that can cause Lyme disease. Blacklegged ticks are found throughout Nova Scotia. Tick checks are the most important defence against the spread of tick-borne illness. Blacklegged ticks must be attached to the skin for at least 36 hours to transmit the bacterial infection that causes Lyme disease, which is treatable with antibiotics. For more information, visit http://novascotia.ca/dhw/CDPC/lyme.asp.