

# Preventing Lyme Disease

By Dr. Jamie Fullerton

**AGM**  
Annual General Meeting

**Join Us!**

*The Annual General Meeting will be held on **Wednesday, June 28th** in the Hospital Boardroom*

*Refreshments 6:30 pm  
AGM 7:00 pm*

At CPDMH, we want to help keep our local communities to stay healthy and active this summer. To do so, we all need to know about lyme disease and the steps you can take to avoid it. Ticks carry little organisms that can be passed on to people or animals. They are here to stay and we must co-exist with them and be aware.

The best thing is to prevent tick bites in the first place. Protect yourself and your family:

- Wear long sleeves, pants, socks, and closed shoes, especially in the wooded areas
- Tuck pants into socks and wear light-coloured clothing so ticks are more visible
- Use insect repellent with DEET or Icaridin on clothes and exposed skin
- Check your body thoroughly for ticks after being outdoors and every night at bedtime
- Don't forget that ticks may be found on pets or even on clothes off the clothesline



If you do discover a tick within 24 hours, there is no risk of transmission and no antibiotics are needed. If you are unsure of how long the tick has been there, or if the tick has been present for more than 24 hours, see your family doctor as soon as possible for a preventative one day course of antibiotics. If you have a tick bite and you see a spreading rash that looks like a target, you will need a stronger dose of antibiotics. Some people don't get a rash, but will have fever, chills, possibly a sore neck and generally feel unwell.

To learn more about lyme disease, please visit [www.ontario.ca/page/lyme-disease](http://www.ontario.ca/page/lyme-disease).

*Dr. Fullerton is a family physician in Carleton Place and President of the CPDMH Medical Staff Association.*