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Lyme disease

Lyme disease is present in ticks in the Ottawa and Outaouais regions. **We strongly urge you to read these guidelines from [Ottawa](#) [1], [Ontario](#) [2], and [Quebec](#) [3].**

In particular, review the material regarding clothing to wear, insect repellent to use, how to detect and remove ticks, and symptoms of infection.

Here is a set of [detailed steps to check yourself for ticks](#) [4] (from Trails.com).

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Links

[1] <http://www.ottawapublichealth.ca/en/public-health-topics/lyme-disease.aspx>

[2] <https://www.ontario.ca/page/lyme-disease>

[3] <http://sante.gouv.qc.ca/en/problemes-de-sante/maladie-de-lyme/>

[4] https://www.trails.com/how_1198_check-for-ticks.html?utm_source=adestra&utm_medium=email&utm_campaign=030218