



Be tick free!

How to protect yourself from tick bites and tick-borne disease:

- Avoid walking through tall grass, wooded areas or marshlands.
- Cover up - wear long sleeves, long pants, fully closed boots or shoes and tuck pant legs into socks.
- Use insect repellents containing DEET, spray onto clothing, especially pants and socks.
- Complete a tick check after outdoor activities: brush off clothing and check your body when you return home.
- Remove any ticks using tweezers, grasp the tick as close to the skin as possible and gently pull it straight out.

For more tick safety tips visit:
hnhu.org/lyme-disease



Eye health

Did you know that all children and youth **19 years and younger** are eligible for **free eye exams** in Ontario?

- Vision problems are common among school-aged children but are not always easy for parents to detect.
- Vision problems can lead to challenges in school, play and everyday activities.
- Regular visits to an optometrist for eye examinations are recommended for school-aged children and youth.

For more information regarding free eyeglasses or to find an optometrist in your community, visit:

- <https://optom.on.ca/esel/>
- <https://collegeoptom.on.ca/cgcpt-quicklinks/find-an-optometrist/>