

July Health and Wellness Information



Reduce your Risk of Lyme Disease!

Lyme disease is on the rise in Canada, especially in Nova Scotia, Ontario, and Quebec. Lyme disease is spread through the bite of infected blacklegged ticks (also known as deer ticks) – commonly found in wooded or grassy areas, in shrubs, gardens or piles of leaves. Generally, a tick needs to be attached to you for 24 hours in order for the disease-causing bacteria to be transmitted. Left untreated, Lyme disease can cause numerous, long-lasting health issues.

The good news? You can reduce your risk of a tick bite by wearing long pants & sleeves, wearing closed toe shoes, applying insect repellents and performing a tick-check after being outside. Don't forget to check your pets too! And if you catch Lyme disease in its early stages, it's usually treatable.

For tips on preventing Lyme disease: [Enjoy the outdoors, without a tick - Canada.ca](#)

How to check for ticks: [Wallet card: How to check for ticks - Canada.ca](#)

In some provinces, pharmacists can assess and prescribe* where appropriate for Lyme disease. Visit 360Health to check your province and/or book an appointment.

Fees may apply.


[Visit 360Health](#)

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Yes, pharmacists can

Pharmacists can assess and prescribe for many common conditions, such as UTIs and skin rashes.*



*Pharmacists will prescribe medication where appropriate and in accordance with provincial regulations. Fee may apply. In AB, pharmacists require Additional Prescribing Authority.

[Book an appointment](#)

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Vivanta preferred network solution pharmacies include:



To locate a PPN pharmacy near you visit 360healthpharmacy.ca



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