

Protect Yourself Against Lyme Disease in Spring, Summer, and Fall



Enjoy the outdoors, but remember a few simple rules can reduce your risk of contracting a tick borne illness:

- ⊙ Know where ticks live and avoid these areas (the edges of woods, yards, roads and trails, leaf litter shaded areas)
- ⊙ Dress properly when entering areas that may be tick-infested
- ⊙ Conduct tick checks daily – pets, too!
- ⊙ Remove ticks promptly and properly (with thin-tipped tweezers, grasping it where the mouthparts enter the skin)
- ⊙ Insect repellents with DEET or Permethrin have been found to be effective – be sure to follow the label instructions

Need more information?

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