

# It's Lyme Time!

## Be Tick Aware!



**1** Walk in the middle of trails; avoid sitting on logs and leaning on trees.

**2** Wear a hat, tuck in hair, if possible.

**3** Wear a long-sleeved shirt fitted at the wrist.

**4** Wear shoes, no bare feet or sandals.

**5** Wear long pants tucked into high socks or duct tape around pants.

**6** Consider Deet for skin and permethrin for clothes.

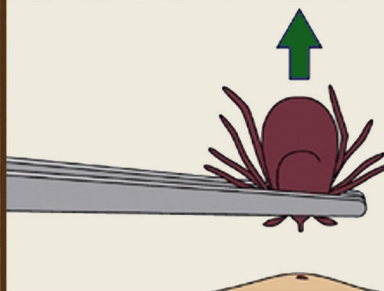
**7** Wear white or light-colored clothing to make it easier to see ticks.

**8** Do tick checks immediately and 3 days after outdoor activity.

**9** If you find a tick, ask an adult to remove it carefully and save it.



Lyme Disease is transmitted by a tiny tick the size of a poppy seed.



Remove tick with tweezers. Pull straight out as close to the skin as possible. Save tick in container and call doctor.

California Lyme Disease Association  
[www.lymedisease.org](http://www.lymedisease.org)

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