

It's Lyme Time!

Protect Yourself Against Lyme Disease*

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.

4 Wear shoes, no bare feet or sandals.

5 Wear long pants tucked into high socks.

6 Consider Deet for skin and permethrin for clothes.

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

8 Continue doing tick checks 2 to 3 days after outdoor activities in tick-infested areas.

9 If you find a tick, remove it properly and save it**.

10 Ask your veterinarian about protection for your furry friends.



* *Lyme Disease, the most common vector-borne disease in the U.S., can affect the skin, joints, nervous system, heart and eyes. It is transmitted by a tiny tick the size of A POPPY SEED.*

** *To save the tick to be tested for the presence of Lyme, place the tick in a sealed container or Ziploc® bag with a moist (not wet) cotton ball. Check with a tick-testing laboratory for costs and instructions.*