

# PA Parks Use LDA Prevention Posters

Lower Saucon Township, PA is taking an active role in educating and protecting park visitors from Lyme and tick-borne diseases. The Township will be downloading, printing, having available and posting one of the LDA's free awareness posters below in its park kiosks. The LDA urges all park managers to consider doing something like this for prevention.

**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.

**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)  
Lyme Disease Association  
[www.LymeDiseaseAssociation.org](http://www.LymeDiseaseAssociation.org)

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

**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 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 check immediately and 3 days after outdoor activity.
- 9 If you find a tick, remove it carefully 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.  
\*\* Remove tick with tweezers, as close to the skin as possible, pull straight out, apply antiseptic, call doctor. Save tick in sealed container with moist cotton ball. Check with a tick-testing laboratory.

CALDA [www.lymedisease.org](http://www.lymedisease.org) LDA [www.LymeDiseaseAssociation.org](http://www.LymeDiseaseAssociation.org)

Check out LDA's other awareness printables.