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 tucked 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.