


Prevention Guy with Dog

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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.

CALDA
www.lymedisease.org

LDA
www.lymediseaseassociation.org

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