## It's Lyme Time!

## **Protect Yourself Against Lyme Disease\***

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

Consider Deet for skin and permethrin for clothes.

Wear a hat, tuck in hair, if possible.

Wear a long-sleeved shirt.

4 Wear shoes, no bare feet or sandals.

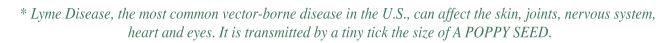
Wear long pants tucked into high socks.

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

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

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

Ask your veterinarian about protection for your furry friends.



\*\* 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.