

Keep Ticks Off!

Protect Yourself and Your Family from Ticks

Lyme disease is a serious infection. It is spread by a bite from a deer tick. Although not all ticks carry the disease, it is important to avoid ticks.

Keep ticks away

- Mow your lawn often and remove brush from your home
- Keep ground under your bird feeder clean
- Stack wood neatly and in dry areas
- Keep playground toys, decks, and patios away from yard edges and trees

Keep deer away

- Do not feed deer on your property
- Make a barrier to keep deer from going into your yard
- Check with a garden center to learn which plants may help keep deer away

Keep ticks off!

- Stay out of wooded areas with high grass and leaf litter
- Use insect repellent containing DEET or Permethrin when outdoors (follow manufacturers on use)
- Wear long pants, long sleeves and socks
- Do daily tick checks after being outdoors. Young ticks can be smaller than a pencil point, so check thoroughly
- Remove ticks from your clothes before going indoors
- Wash clothes in hot water and dry them using high heat to kill ticks from clothing

**For more information on Lyme disease
call the Onondaga County Health Department**

435-3280

**If you think you may have Lyme disease,
contact your health care provider right away.**

For more information: www.cdc.gov/ncidod/dvbid/pubs/lyme-disease-pubs.htm



Onondaga County
Health Department
www.ongov.net