**Protect Yourself from Lyme Disease**

Lyme disease is spread by a bite from an infected deer tick. Not all ticks are infected, but it is still important to stay away from ticks.

**In Your Yard:**
- Keep ticks away by mowing your lawn often and remove brush. Stack wood neatly and in dry areas.
- Keep playground toys, decks, and patios away from wooded areas.
- Keep deer away by not feeding deer on your property, make a barrier to keep deer from going onto your yard, and get rid of plants that attract deer.

**When Outdoors:**
- Wear light colored clothes, long pants, long sleeves, and socks. Tuck in your shirt and tuck pant legs into your boots or socks.
- Check for ticks after being outdoors, even when you are in your own yard.
- Bathe or shower (preferably within 2 hours) after coming indoors.
- Wash and dry clothing at a high temperature to kill any ticks that may remain on your clothing.

**Use Repellent When Outdoors:**
- Follow the label directions. Do not spray repellent in enclosed areas.
- Put a small amount of repellent on your hands and apply it to your child. Do not let children touch repellents.
- Repellents containing DEET should not be used on children under two months old.
- Use insect repellent containing a 20-30% concentration of DEET on clothes and on bare skin. Use just enough repellent to cover exposed skin.
- Do NOT use repellents containing permethrin directly on your skin.
- Do NOT spray repellent directly on your face, especially near the eyes or mouth. Apply a small amount of repellent near the ears. Do NOT use repellent on cuts, wounds, or on irritated skin.
- Wash your treated skin with soap and water after returning indoors. If you have a reaction to a repellent, wash the treated skin with soap and water right away and call your doctor.

**Check for Ticks:**
- Do a full body tick check on yourself, your children, and your pets after being outdoors.
- Check your body for ticks especially your scalp, neck, armpits, groin, and ankles.
- Look carefully when checking for ticks because they can be as small as a poppy seed.

**How to Remove a Tick:**
- Take tweezers to the tick’s head or mouth, where it enters the skin.
- Pull the tick firmly up, in a steady motion, away from the skin.
- Clean the bite with soap and water, rubbing alcohol, or hydrogen peroxide.
- Keep a record of the date, time, and where you were bitten.
- Place the tick in a small container of rubbing alcohol to kill it.
- Learn more at: www.health.ny.gov/diseases/communicable.lyme/tickfree/

**When to Call Your Health Care Provider:**
- If a tick has been attached to your skin for more than 36 hours, or
- If you had a tick bite and develop symptoms. Symptoms can include a skin rash known as “bull’s-eye rash”, commonly seen on thighs, groin, trunk, and armpits. It appears from 3-30 days with an average of 7 days. Other symptoms may include fever, fatigue, chills, headache, muscle and joint aches, and swollen lymph nodes.
  - Serious long-term complications can range from arthritis to facial palsy, headache, meningitis, neuropathy, impaired memory, and heart rhythm irregularities.

For more information, call 315.435.3280 or visit:
- www.ongov.net/health/lyme.html
- www.health.ny.gov/diseases/communicable/lyme/
- www.cdc.gov/lyme

**Health Tip**
Protect yourself ALL year, but ticks are most active from April to September