



Lyme Disease

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 the 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 product instructions)
- 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 any ticks that may be on your 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/lyme/

