

Prevent Lyme Disease

Here are 5 simple things YOU can do to prevent Lyme disease:



1. Check your skin for ticks daily.

When outside, check your skin and your clothing for ticks. Brush any you find off. Removing ticks as soon as you notice them can reduce your chances of getting Lyme disease.



2. Remove attached ticks safely.

Grab the tick as close to the skin as possible with a pair of fine tipped tweezers. Pull the tick upward in a steady motion away from the skin until the tick is removed.



3. Dress in clothes that protect.

Wear light colored clothing, a long sleeved shirt, long pants, socks and shoes. Tuck your shirt into your pants and pant legs into your socks. Tie back long hair or wear a hat.



4. Use an insect repellent.

*Carefully follow the directions on the repellent label. Repellents can offer protection but do contain chemicals. Some repellents **should not** be used on your skin, only on clothing.*



5. Learn the symptoms of Lyme.

People who have Lyme disease often say they feel like they have the flu. Other symptoms can be fever, sleepiness, swollen glands, headache, skin rash, muscle or joint pain. Symptoms can start 3-30 days after the bite.