


# You Have the Power to Prevent Lyme Disease!

Here are Simple Steps you can follow to protect your family:

1. While out walking, stay on clear, well- travelled paths.
2. Cover up and wear light colored clothing to spot ticks easily.
3. Use tick repellent, as directed.
4. Keep the grass and brush around your home trim and clear, especially in the areas where children play.
5. Shower as soon as possible, after spending time outdoors.
6. MOST IMPORTANTLY - Check everyone for ticks, including pets, carefully and thoroughly at the end of each day. Remove all ticks promptly and properly.


## LYME DISEASE ALERT

DO A THOROUGH BODY CHECK FOR TICKS AFTER BEING OUTDOORS.



Deer tick size (left to right)  
larva, nymph, adult

### How To Remove A Tick



- Using tweezers, grasp tick near the mouth parts, as close to skin as possible.
- Pull tick in a steady, upward motion away from skin.
- DO NOT use kerosene, matches, or petroleum jelly to remove tick.
- Disinfect site with soap and water, rubbing alcohol or hydrogen peroxide.
- Record date and location of tick bite. If rash or flu-like symptoms appear contact your health care provider immediately.

**DISEASE RISK IS REDUCED IF TICK IS REMOVED WITHIN 36 HOURS.**

New York State Department of Health

To learn more or for assistance, call the Ulster County  
Department of Health at 845-334-5527



## Ulster County Department of Health

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