

You Have the Power to Prevent Lyme Disease!

Ticks can carry Lyme and other very serious and debilitating diseases

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.

Safe Removal Instructions

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



Ulster County Department of Health

Michael P. Hein, County Executive

Carol Smith, MD, MPH Commissioner of Health/Mental Health