



## You Have the Power to Prevent Lyme Disease!

2012 is projected to be the worst season ever for ticks. Ticks can carry Lyme and other very serious and debilitating diseases.

**Here are 5 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. **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:**

[http://www.health.ny.gov/diseases/communicable/lyme/lyme\\_disease\\_alert.pdf](http://www.health.ny.gov/diseases/communicable/lyme/lyme_disease_alert.pdf)

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