

It's Lyme Time!



Protect Yourself Against Lyme Disease

1 Walk in the middle of trails; avoid sitting on logs and leaning on trees.

2 Wear a hat, tuck in hair, if possible.

3 Wear a long-sleeved shirt fitted at the wrist.

4 Wear shoes, no bare feet or sandals.

5 Wear long pants tucked into high socks or duct tape around pants.

6 Consider Deet for skin and permethrin for clothes.

7 Wear white or light-colored clothing to make it easier to see ticks.

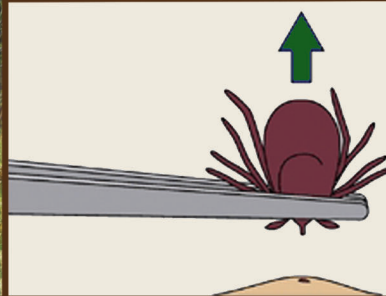
8 Do tick checks immediately and 3 days after outdoor activity.

9 If you find a tick, remove it carefully and save it.

10 Ask your veterinarian about protection for your furry friends.



Lyme Disease is transmitted by a tiny tick, most often the size of a poppy seed.



Remove tick with tweezers. Pull straight out as close to the skin as possible. Save tick in container and call doctor.

California Lyme Disease Association
www.lymedisease.org

Lyme Disease Association
www.LymeDiseaseAssociation.org