

Tick Talk, Tick Talk...

It's Lyme Time!

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 ticks off before they attach. 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

Consider using 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.

TICKS

a tiny tick bite • a **Big Problem**



www.rocklandgov.com/health



Protect yourself against tick bites.

-  Check your skin for ticks daily.
-  Remove attached ticks safely.
-  Dress in clothes that protect.
-  Consider using an insect repellent.
-  Learn the symptoms of Lyme disease.

Para más información llame al 845-364-2500.

LAS GARRAPATAS

una pequeña picadura • un Gran Problema



Protéjase de las garrapatas

-  Revise si tiene garrapatas todos los días
-  Remueva las garrapatas correctamente
-  Use ropa que lo proteja
-  Considere el uso de repelente
-  Edúquese acerca de los síntomas de Lyme