

# It's Lyme time!



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Stopping tick bites will prevent Lyme, Babesiosis, and other tick-borne diseases.

## Tick Bite Prevention

### ✓ Check for ticks daily.

- Check clothing and skin. This can be easily done when bathing or showering.
- Carefully check the entire body. Look at the hairline, in the scalp, on the neck, in and behind the ears, the back of the knees, the groin area, the armpits, around the waist, and legs.
- Remove attached ticks as soon as possible using a safe process.  
*See next column: Safe Tick Removal.*



Ticks are tiny, like the size of poppy or sesame seeds.



The risk of getting Lyme disease is reduced if the tick is removed in 24-36 hours of attachment.

### ✓ Dress in clothes that protect.

When outdoors, dress children in light, pastel, or bright colored clothing to see ticks more easily. Wear a long-sleeved shirt and long pants. Tuck shirt into pants and tuck pant-legs into light colored socks. Wear closed-toe shoes or sneakers, not sandals. Tie back long hair or wear a hat.

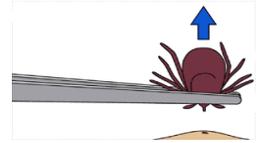
### ✓ Avoid potential tick habitats.

Instruct your child to walk on cleared paths or in the center of well traveled trails. They should avoid places where the grass is tall, areas covered with leaves, contact with bushes, and not sit directly on the ground, rock walls, or on fallen tree trunks.

### Safe Tick Removal Process

- Using a pair of pointed tweezers, grab the tick near the mouth parts, as close to the skin as possible.
- Pull the tick in a steady, upward motion away from the skin until out. Do not twist or turn the tick.
- Clean bite area with soap and water.

Ticks can be taken to the Cornell Cooperative Extension in Stony Point for identification. Call 845-429-7085.



### Lyme Disease Early Signs & Symptoms

Symptoms of Lyme disease can start 3-30 days after the bite of an infected deer tick. Some symptoms include:

- Fatigue or Tiredness
- Chills and Low-Grade Fever
- Mild Headache
- Swollen Lymph Nodes
- Pink or Red Rash (*called a "bull's-eye"*)
- Muscle Aches and/or Joint Pain

Call your doctor if your child has any of these symptoms or feels ill.



### Insect Repellent Information

You may decide to use a repellent (bug spray). Some repellents should never be used on the skin, only on clothing.

***Carefully follow the label directions!***

