HERE’S HOW YOU CAN PREVENT ILLNESS

Wear Protective Clothing
Pants, long shirts, socks, and hats, can all decrease the chances of a bite.

Use Insect Repellents
DEET or Picaridin to your skin. Premetherin for your clothes.

Perform A Tick Check
Check for ticks using the diagram as a guide. Make sure to also check ankles, feet, and between your toes.

Properly Remove A Tick
Follow instructions on the right.

Know The Symptoms
Fatigue, fever, enlarged lymph nodes, headaches, muscle aches, and joint pain. Later stages can become multisystemic. Learn more at www.projectlyme.org

Use fine-pointed tweezers to grasp at the place of attachment. Gently pull straight. Do not squeeze, twist or jerk it.

Wash your hands and apply or antiseptic to bite. Place in a zipped bag with a moist cotton ball and bring it to your local health department or private lab for testing.