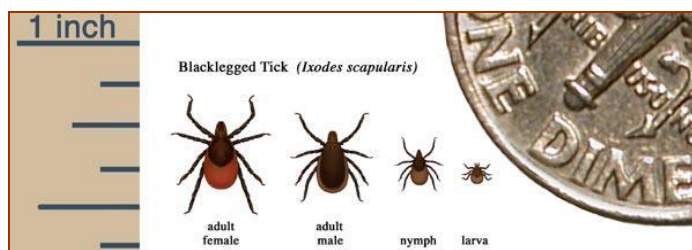


The best way to prevent Lyme disease is to prevent tick bites.

To prevent tick bites:

- Stay on hiking trails. Avoid walking through high grass and bushy areas.
- Use insect repellents that are labeled for ticks. Follow the directions on the label carefully. For more information on the safety and efficacy of repellents please go to <http://cfpub.epa.gov/oppref/insect/>.
- Permethrin is an insecticide that can be applied to clothing or gear. If you spend a lot of time in tick habitat, wearing permethrin-treated clothing can be very effective at reducing your exposure to ticks.
- Wear long pants and long-sleeved shirts to minimize skin exposure to ticks.
- Wear light colored clothing so that it is easier to see ticks, and tuck your pants into your socks. Wearing permethrin-treated gaiters may also be helpful.
- Check yourself, your children and your pets for ticks daily and remove ticks promptly. A tick may look like nothing more than a new freckle or speck of dirt.
- Shower soon after you come inside if you have been in tick habitat.



The blacklegged tick, commonly known as the deer tick, is responsible for the transmission of Lyme disease.

If you find a tick on you or your pet:

- There is no need to panic. Not all ticks are infected, and in order to transmit Lyme disease, most ticks must be attached for at least 36 hours.
- Using a pair of pointed tweezers, grasp the tick by the head or mouthparts right where they enter the skin. DO NOT grasp the tick by the body. Without jerking, pull firmly and steadily outward.
- Wash your hands and the area of the bite with soap and water.

Look for signs of Lyme disease and other tickborne diseases:

- An early sign of Lyme disease can be a rash that spreads but is not itchy or painful. It generally occurs three days to one month after a tick bite.
- Other signs of Lyme disease and other tickborne diseases include tiredness, fever, body aches and joint pain.
- If you think you may have Lyme disease or another tickborne disease, contact your healthcare provider.
- Lyme disease and most tickborne diseases can be treated successfully with antibiotics.