

Prevent tick bites and protect against Lyme disease



Lyme disease is spread through the **bite of blacklegged ticks**, also called deer ticks.

- ▶ Lyme disease can cause rash, fever, fatigue, and headache. If left untreated, it can affect the joints, heart, and nervous system.
- ▶ Most people recover completely when treated promptly with appropriate antibiotics, though some people report prolonged symptoms.

An estimated **476,000** people are treated for Lyme disease each year, making it the most common tickborne disease in the U.S.



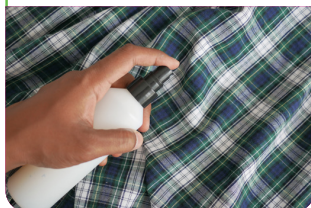
Preventing tick bites is the best way to protect yourself from Lyme disease.

Before going outdoors...

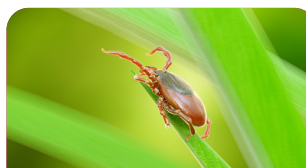


Use an insect repellent registered with the Environmental Protection Agency.

Wear clothing and gear treated with 0.5% permethrin.

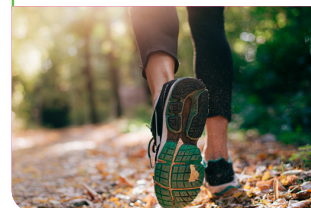


While outdoors...



Avoid areas where ticks live like grassy, brushy or wooded areas.

Walk in the center of trails.



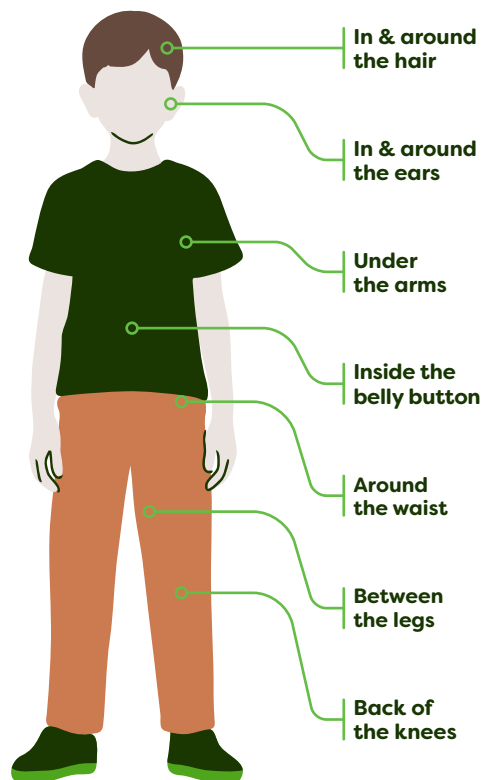
Create a tick-free zone in your yard

- ▶ Keep grass mowed, remove leaf litter, and clear tall grasses and brush.
- ▶ Trim tree branches and shrubs to let in more sunlight.
- ▶ Set up playground equipment, decks, and patios away from grassy, brushy, or wooded areas.
- ▶ Place a 3-foot-wide barrier of wood chips or gravel between lawns and wooded areas.

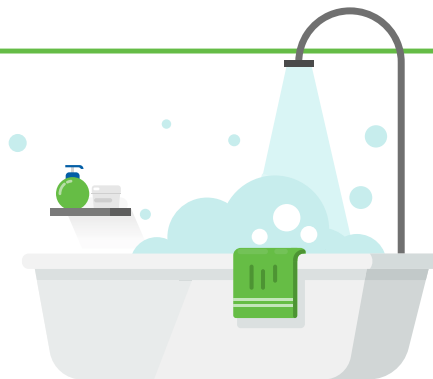


After you come indoors...

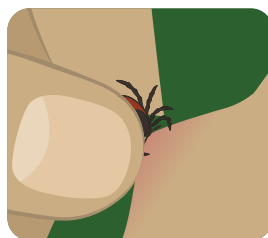
Check your body for ticks



Shower soon after being outdoors to help find and wash off unattached ticks



Remove attached ticks as soon as possible

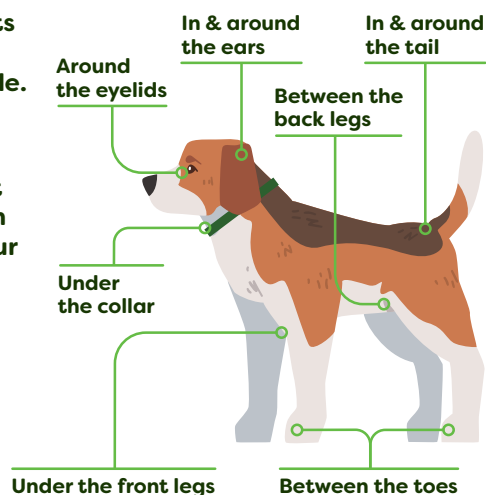


- ▶ Use tweezers or fingers to grasp the tick as close to the skin as possible.
- ▶ Pull tick away from skin with steady, even pressure.
- ▶ If pieces of the tick remain in the skin, leave them alone. Your body will naturally push them out as your skin heals.
- ▶ To dispose of a tick, place it in a sealed container, wrap it tightly in tape, flush it down the toilet, or put it in alcohol.

Protect your pets

Check your pets for ticks after they are outside.

Talk to your veterinarian about the best tick prevention product for your dog or cat.



Seeking care

In certain circumstances, a single dose of doxycycline (an antibiotic) after a tick bite in an area where Lyme disease is common may lower risk of Lyme disease. Ask a healthcare provider if antibiotics after a tick bite are appropriate for you.



See a healthcare provider if you develop a rash, fever, or joint and muscle aches within several weeks of removing a tick or spending time where ticks live.



Scan to learn more about Lyme disease & preventing tick bites

