It's LYME Time...

The highest risk for Lyme Disease is mid May through July.
Protect yourself through frequent tick checks!

DAILY TICK CHECKS REDUCE YOUR RISKS!

Because of their small size, nymphal ticks can easily go unnoticed. A thorough and careful 'Daily Tick Check' is the best way to make sure ticks are found and removed promptly. Check your entire body, especially places where ticks are likely to attach such as the backs of knees, groin area, waist, armpits, scalp and folds in skin. While in tick habitats, more frequent checks of clothing and exposed skin are recommended.

Daily:

When showering or at bedtime, do a full body inspection for rash or attached ticks. Remember to pay special attention to favorite 'tick spots' such as backs of knees, groin, waist, armpits, scalp and folds in skin.
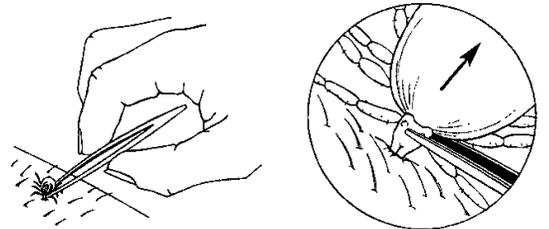
For Your Pets:

Because dogs and cats can also develop Lyme disease, fit your pets with tick collars or treat them with a repellent product applied monthly to the skin. Speak to your veterinarian about this and other options. Frequent tick checks should also be done to find and remove ticks promptly.

REMOVE TICKS the safe way...

DO:

- **GRASP** tick as close as possible to the skin, using tweezers.
- **PULL** straight out with a steady motion.
- **WASH** site thoroughly with soap and water.
- **RECORD** site of attachment and date of bite on calendar.
- **WATCH** for early signs and symptoms of Lyme disease (for up to one month), such as:
    - ♦ Expanding red rash (at least 2" in diameter)
    - ♦ 'Flu-like' symptoms (fatigue, muscle aches, fever, headache)
    - ♦ Joint pain and swelling.

Don't:

- Burn tick with a match.
- Smother with petroleum jelly or noxious chemical.
- Crush with your fingers.

These methods increase your risk for Lyme disease.