

It's Lyme Time!

Be Tick Aware!



1 Walk in the middle of trails; avoid sitting on logs and leaning on trees.

2 Wear a hat, tuck in hair, if possible.

3 Wear a long-sleeved shirt fitted at the wrist.

4 Wear shoes, no bare feet or sandals.

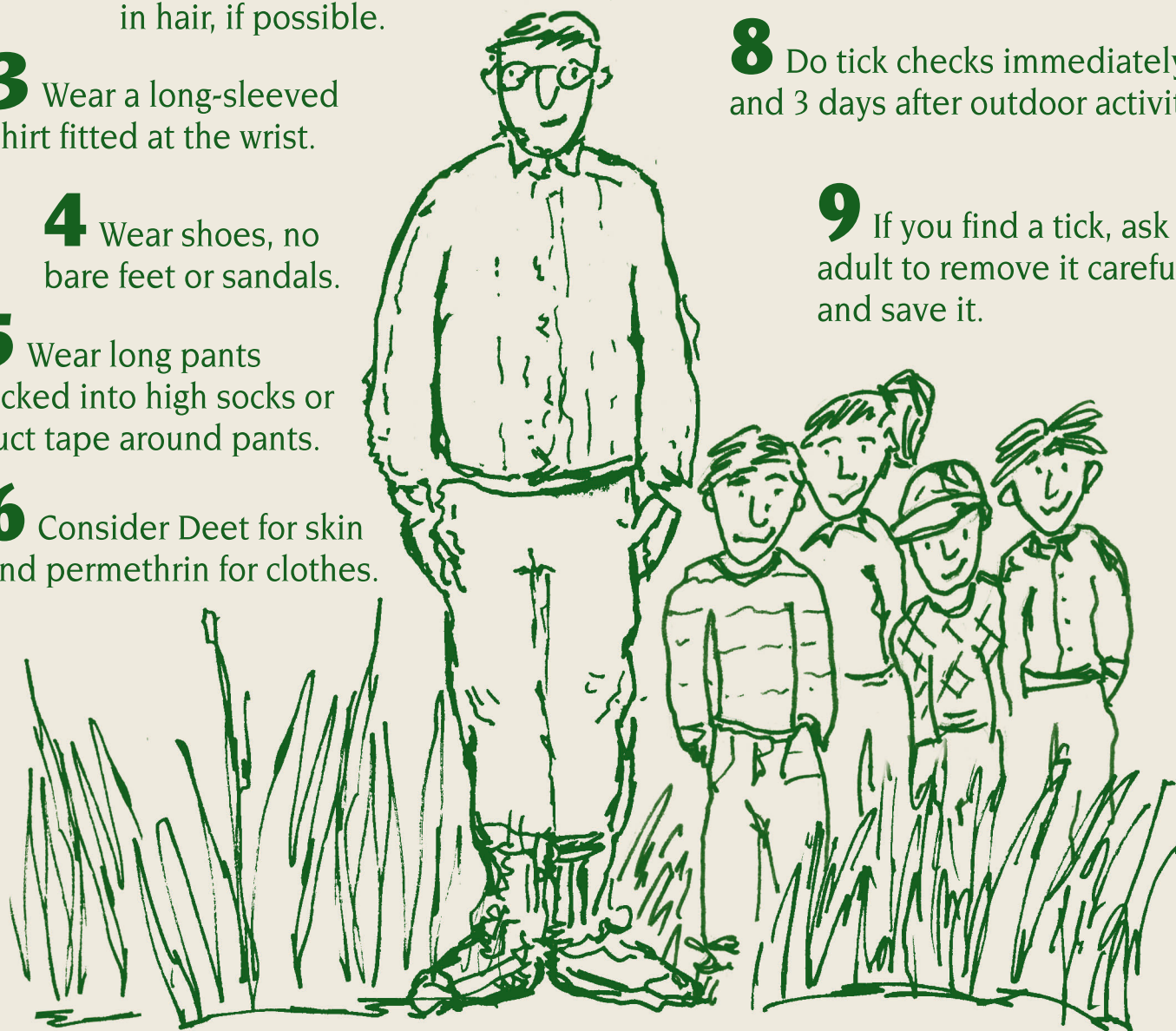
5 Wear long pants tucked into high socks or duct tape around pants.

6 Consider Deet for skin and permethrin for clothes.

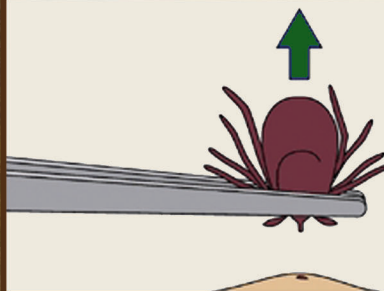
7 Wear white or light-colored clothing to make it easier to see ticks.

8 Do tick checks immediately and 3 days after outdoor activity.

9 If you find a tick, ask an adult to remove it carefully and save it.



Lyme Disease is transmitted by a tiny tick the size of a poppy seed.



Remove tick with tweezers. Pull straight out as close to the skin as possible. Save tick in container and call doctor.

California Lyme Disease Association
www.lymedisease.org

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