



WHAT IS
LYME
DISEASE?

Lyme disease is a bacterial infection primarily transmitted by Ixodes ticks, also known as deer ticks or blacklegged ticks. Lyme disease affects people of all ages. The CDC notes that it is most common in children, older adults, and others such as firefighters and park rangers who work outside and have higher exposure to ticks.

Be Tick Aware



Wear Tick Repellent:

Repellents with DEET, picaridin or lemon eucalyptus oil are the most effective.



Create a Tick-Safe Zone at Home:

Prune trees, clear leaves and brush, keep deer and other wild animals out of your yard.



Treat Pets Monthly:

Animal fur can act like a "tick magnet," exposing you when you snuggle with your pet.

10 Outdoor Safety Tips



Symptoms To Watch For



Neck Pain



Headache



Fatigue



Muscle Pain



Sweats



Chills



Rash



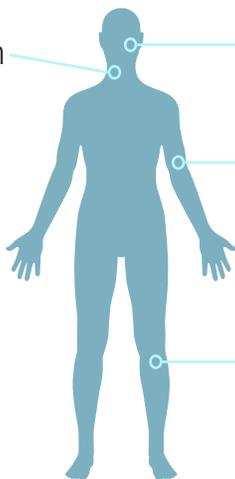
Joint Pain



Fever



Sleep Issues



Check out your symptoms at www.lymedisease.org/symptomchecker for printable results you can give your doctor.

What If You Get Bitten?



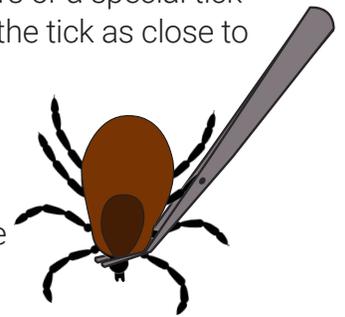
Don't squeeze, twist or squash the tick. Don't burn it with a match or cover it with Vaseline.



Use fine-point tweezers or a special tick-removing tool. Grasp the tick as close to the skin as possible.



Pull the tick straight out with steady, even pressure. Disinfect the bite area and wash your hands.



Save the tick for testing (alive if possible) in a small bottle or plastic bag with a green leaf or damp piece of tissue. Label it with your name, date, site of bite and how long tick was attached.