It's Lyme Time!

Protect Yourself Against Lyme Disease

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

6 Consider Deet for skin and permethrin for clothes.

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.

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

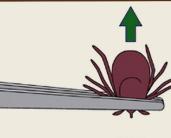
8 Do tick checks immediately and 3 days after outdoor activity.

9 If you find a tick, remove it carefully and save it.

Ask your veterinarian about protection for your furry friends.



Lyme Disease is transmitted by a tiny tick, most often 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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