



A collaborative health education effort of:

Northeast District Department of Health / 860-774-7350 / www.nddh.org
North Central District Health Department / 860-465-3033 / www.ncdhd.org
Eastern Highlands Health District / 860-429-3325 / www.ehhd.org

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Top Ten Ways to Prevent Lyme Disease



1. Avoid tick-infested areas, but still enjoy the great outdoors!



2. Do a daily tick check of your entire body.



3. Remove any attached ticks promptly and properly.



4. Wear approved insect repellents with DEET according to instructions.



5. Dress properly in tick-infested areas.



6. Stay to the center of trails when hiking.



7. Bathe daily using a wash cloth after being outdoors.



8. Check pets daily for ticks and use veterinarian-recommended tick-control products.



9. Design your yard to guard against ticks. There are many beautiful landscape ideas that will deter deer and create "tick-safe" zones.



10. Consult your doctor immediately if you remove an engorged, attached tick.

Don't Get Sick! Avoid the Tick!