



# Protect Yourself from Lyme Disease:

**1.** Do not walk through brush and high grasses.



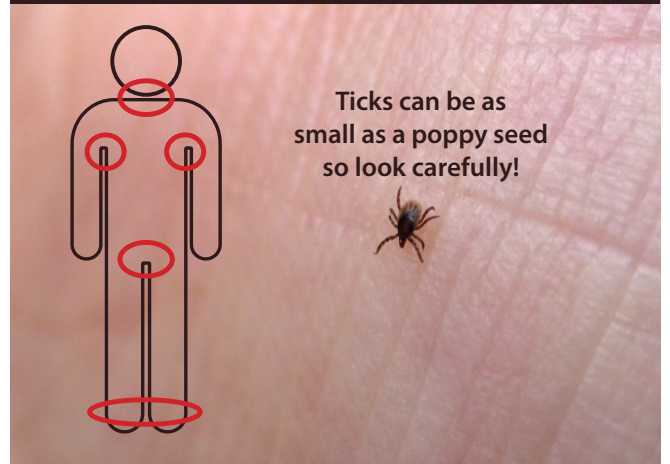
**2.** Use repellents with DEET or permethrin. Follow the product label instructions.



**3.** When outdoors, wear long sleeves and pants. Tuck in your shirt and tuck pant legs into boots or socks.



**4.** Check your body for ticks, especially your neck, armpits, groin, and ankles.



Ticks can be as small as a poppy seed so look carefully!

**5.** Get ticks off using these steps:

- T** Take tweezers to tick's head or mouth, where it enters skin.
- I** In a steady motion, pull the tick firmly up, away from skin.
- C** Clean the bite with soap and water, rubbing alcohol, or hydrogen peroxide.
- K** Keep a record of the date, time, and where you were bitten. Place the tick in a small container of rubbing alcohol to kill it. Never crush a tick with your fingers.



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**For more information call 315.435.3280 or visit [www.cdc.gov/lyme/](http://www.cdc.gov/lyme/)**