



# Be Tick Free



## 9 Tips for Avoiding Ticks & Lyme Disease

**1. Walk in the middle of trails; avoid sitting on logs and stone walls. Use a blanket or other ground cover when sitting on the ground.**

**2. Wear long pants, long sleeved shirts fitted at the wrist and enclosed shoes. Tuck pant legs into socks.**

**3. Wear light colored clothing to make spotting a tick easier.**

**4. Consider using an insect repellent that contains DEET. Read manufacture's instructions for proper use. Never let children apply insect repellent.**

**5. Do not let children sleep with dogs, cats, or other outdoor animals.**

**6. Wear a hat and tie back long hair, especially when gardening.**

**7. Keep lawns trimmed and put play equipment in dry areas of the yard away from the woods.**

**8. Do a full body tick check at the end of the day after being outdoors.**

**9. Remove ticks immediately. Be careful not to crush the tick.**



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

### LYME DISEASE ALERT

DO A THOROUGH BODY CHECK FOR TICKS AFTER BEING OUTDOORS.



Deer tick size (left to right)  
larva, nymph, adult

#### How To Remove A Tick



- Using tweezers, grasp tick near the mouth parts, as close to skin as possible.
- Pull tick in a steady, upward motion away from skin.
- DO NOT use kerosene, matches, or petroleum jelly to remove tick.
- Disinfect site with soap and water, rubbing alcohol or hydrogen peroxide.
- Record date and location of tick bite. If rash or flu-like symptoms appear contact your health care provider immediately.

DISEASE RISK IS REDUCED IF TICK IS REMOVED WITHIN 36 HOURS.

New York State Department of Health

For More Information visit

New York State  
Department of Health  
[www.health.state.ny.us](http://www.health.state.ny.us)

or contact

Warren County Health  
Services (518) 761-6580  
[www.co.warren.ny.us](http://www.co.warren.ny.us)