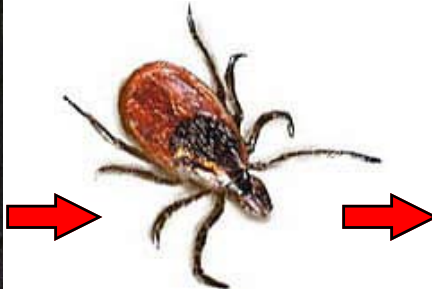


Lyme is Here!

Protect yourself and your family from Lyme Disease.



Black Legged Tick/ Deer Tick (Photo: CDC)



Bull's-eye Rash (Photo: American College of Physicians)

Lyme Disease can cause long- term health problems. It is passed through tick bites. It cannot be spread from person to person.

What can you do?

- Wear insect repellent containing DEET or spray permethrin on clothing.
Follow manufacturer's instructions.
- Perform daily tick checks on yourself, children and pets.
- Remove ticks right away using tweezers.
- *Do not use petroleum jelly, alcohol or burn the tick.*
- Keep grass and brush short around your home.
- See a doctor if you get a “bull's-eye” rash.



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