



## Ticks & Lyme Disease

Prevention and awareness is key in protecting yourself from tick exposure. If you do find yourself with a tick bite, prompt removal is necessary to lessen the risk of potentially contracting a tick-borne infection.

### Prevention:

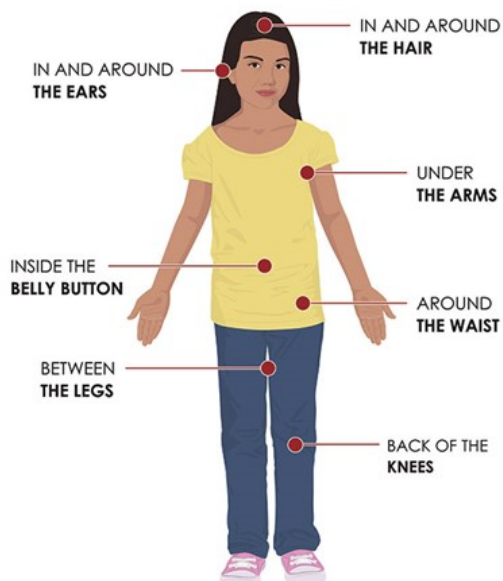
1. Apply repellent before spending time outdoors hiking, hunting, camping, etc.
2. Wear long-sleeved, light colored, breathable clothing and tuck pants into socks
3. Stay on trails and do not walk through brush and leaves
4. Shower and check for ticks on the body and clothing after spending time outdoors
5. Brush pets after being outside and do not allow on the furniture or in bed

### Safe Tick Removal:

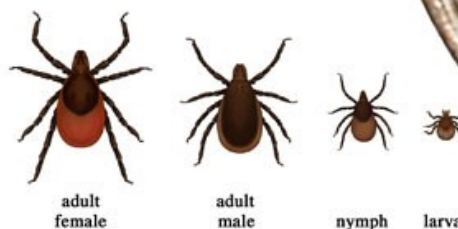
1. Grab the head of the tick as close to the skin as possible with tweezers
2. Pull back with steady pressure to remove tick with mouth intact
3. Kill tick by sealing in bag or flushing down toilet
4. See your doctor for ticks attached longer than 36 hours or if the bite area becomes red or develops a rash
5. For a video on safe tick removal please visit: <https://www.health.ny.gov/diseases/communicable/lyme/>.

### What is Lyme Disease?

Lyme disease is a bacterial infection that is passed by an infected tick attaching to your skin. Typically a tick must be attached for at least 36 hours before the bacteria carrying Lyme disease can be transmitted into a person. Signs and symptoms of Lyme disease include: rash or redness at the site of the tick bite, joint pain and swelling, fever, fatigue, etc. Testing for Lyme disease is a two-step blood test. Blood work and symptoms are used together when making a diagnosis. To learn more about Lyme please visit: <https://www.cdc.gov/lyme/index.html>.



Blacklegged Tick (*Ixodes scapularis*)



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