

# **Lyme disease**

## **Tips to protect yourself**



- **Walk in Middle of Trails, Avoid Sitting on Logs & Leaning on Trees.**
- **Wear a Hat, Long-Sleeve Shirt, Shoes, Long Pants & Light Colored Clothing.**
- **Consider Deet for Skin & Clothes.**
- **Continue Tick Checks 2-3 Days After Being Outdoors.**
- **If You Find a Tick, Remove It Safely and Save It.**
- **Ask Your Vet How to Protect Your Pet.**

[www.lymedisease.org](http://www.lymedisease.org)

[www.lymediseaseassociation.org](http://www.lymediseaseassociation.org)

[www.ilads.org](http://www.ilads.org)