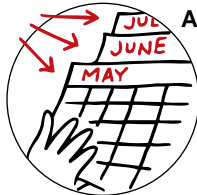


**Lyme disease is usually transmitted by bites from deer ticks.**

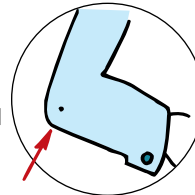
You can reduce your risk outdoors by taking these precautions...

Graphics / Illustration: Tom Laird, College of Agricultural Sciences, Copyright Penn State.



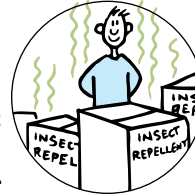
**Avoid infested areas—**  
particularly in May,  
June and July.

**Wear light-colored**  
clothing to spot  
ticks more easily.



**Wear long-sleeved**  
shirts and pants. Tuck  
pant legs into boots.

**Use insect repellent**  
containing DEET®  
on clothes and skin.



**After being outdoors,**  
wash clothing and dry  
at high temperature.

**Shower immediately,**  
and inspect your  
body for ticks.



**Possible early signs of**  
**Lyme disease infection**  
(treatable with antibiotics)

- A red circular rash
- Nausea
- Headaches
- Muscle pain
- Fatigue
- Swollen glands
- 'Flu-like' symptoms

**Secondary symptoms**  
(may develop if untreated)

- Arthritis
- Migraine headaches
- Dizziness
- Irregular heartbeat

Visit us at "<http://aginfo.psu.edu/psp/index.html>"

**For May/June/July or Year-Round Time Frame**