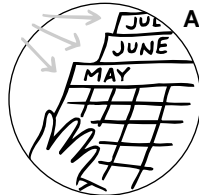


Lyme disease is usually transmitted by bites from deer ticks.

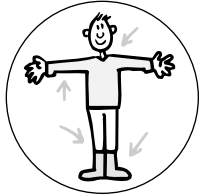
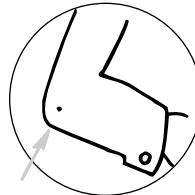
You can reduce your risk outdoors by taking these precautions...

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



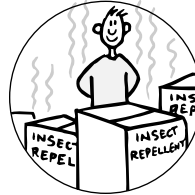
Avoid infested areas—particularly in May, June and July.

Wear light-colored clothing to spot ticks more easily.



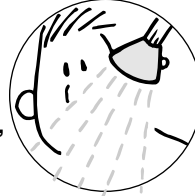
Wear long-sleeved shirts and pants. Tuck pant legs into boots.

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

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