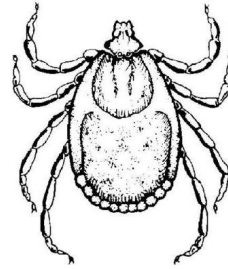


Be Tick Free

May is Lyme Disease Awareness Month



What is Lyme Disease?

Lyme disease is a bacterial infection caused by the bite of an infected deer tick. Untreated, the disease can cause a number of health problems. Patients treated with antibiotics in the early stage of the infection usually recover rapidly and completely.

How Can I Prevent Lyme Disease?

- Wear light-colored clothing with a tight weave to spot ticks easily.
- Wear enclosed shoes, long pants and a long sleeved shirt.
- Check clothes and any exposed skin frequently for ticks while outdoors.
- Consider using insect repellent.
- Stay on cleared, well-traveled trails. Avoid contacting vegetation.
- Avoid sitting directly on the ground or on stone walls.
- Keep long hair tied back.
- Do a final, full-body tick check at the end of the day.

For further information contact
Greene County Public Health
518-719-3600

Or

Cornell Cooperative Extension
518-622-9820

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