



Public Health
Prevent. Promote. Protect.
Chemung County Health
Department

Chemung County Health Department Preventing Lyme Disease

Warm weather means more outdoor activities for you and your family. Unfortunately, it also means increased exposure to ticks. There are things you can do to protect yourself from tick bites.

Reduce your risk:

Protecting Your Yard: Keeping your yard clear of tall grass, leaf piles, and brush will reduce the numbers of ticks. Stack woodpiles away from the house and off the ground.

While Outdoors: Wear light colored clothes, enclosed shoes, long pants, and long sleeved shirts. Consider using repellent with DEET to all exposed skin when spending time outdoors. Tuck pants into socks or boots. Avoid sitting on the ground. Keep long hair tied back. When hiking, stay on the trail whenever possible to avoid contact with brush.

After Coming Indoors: Inspect your skin for any ticks. Have a family member check areas that you cannot see, such as your back. Taking a shower within 2 hours of coming indoors may wash away any unseen ticks before they latch on to bite. Wash and dry clothing at a high temperature to kill any ticks that remain on clothing.

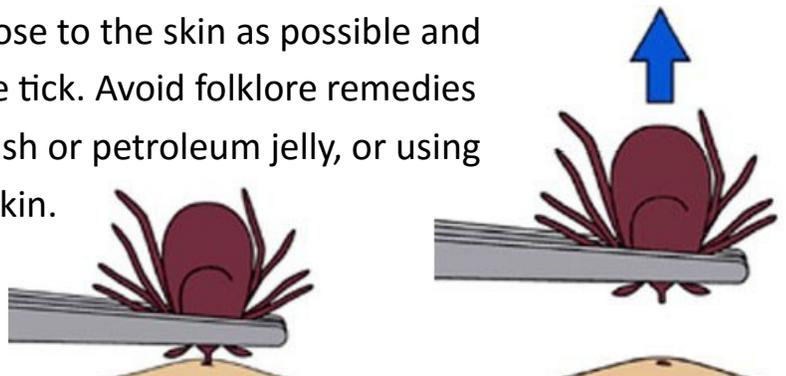
Frequent tick checks should be followed by a whole-body examination & tick removal each night. This is the single most effective method for prevention of Lyme disease.

Removing a tick:

Using fine tweezers, grasp the tick as close to the skin as possible and pull straight up. Do not twist or jerk the tick. Avoid folklore remedies such as “painting” the tick with nail polish or petroleum jelly, or using heat to make the tick detach from the skin.

Remove it as soon as possible.

Cleanse and disinfect the area.



Get the facts!

For reliable sources of information, visit:

New York State Department of Health <https://www.health.ny.gov/diseases/communicable/lyme/>

Center for Disease Control and Prevention <https://www.cdc.gov/ticks/index.html>

Call your doctor if you find a tick embedded in your skin.