

## *Steps to Avoid Lyme Disease*

- If you are in wooded or coastal areas, check your skin and your children's skin for ticks daily, especially during tick season, May through July. Carefully check the scalp, under the arms, the buttocks, and at belt lines, or anywhere that clothing is tight.
- Wear light-colored clothing when in brushy or wooded areas to be able to see and brush off ticks.
- Tuck pants into socks and shirts into pants to prevent ticks from reaching the skin.
- Use child-safe insect repellents, such as Skintastic, Skedaddle, Off for Children or other repellents containing less than 30% DEET. Apply to clothing and exposed skin and wash off with soapy water when the child comes indoors.
- If you find a tick, remove it with tweezers, grasping the tick close to the skin surface and pulling firmly. There is no need to save the tick or bring it to us!
- If you think that a tick has been on the skin for more than a day, remove it and watch the site for the development of the characteristic "bull's eye" rash appearing in 3 to 10 days.

Adapted from *Yale Medicine*