

How to Prevent Lyme Disease



People can get Lyme disease from the bite of an infected tick. Symptoms include a rash, headache, fever and fatigue. **Enjoy the outdoors while staying safe from deer ticks and Lyme disease with these tips for prevention.**

First Line of Defense

Heading outside?
Outsmart deer ticks.

- Apply bug spray containing DEET.
- Stay out of tall grasses or brush.
- Wear light-colored long-sleeve shirts and pants and shoes that cover your whole foot.



Seek and Destroy

To spread Lyme disease, a tick must stay on your body for at least 36 hours. **Find them quickly.**



Check your clothing for ticks and take a shower as soon as you get home.



Examine your entire body for ticks. Use a mirror or ask a loved one to review hard-to-see places.



Remove ticks by grabbing them as close to your skin as possible and slowly pulling straight out.

Remember Your Furry Friends

Ticks can give your pet Lyme disease or ride your four-legged friend into your home.

- **Use tick-preventive products** as recommended by your vet.
- **Examine your pet** for any ticks.
- **Remove the tick and report** any abnormal symptoms to your vet.



**Suspect you or a loved one has Lyme disease?
Find a Weill Cornell Medicine provider at
weillcornell.org/doctors**