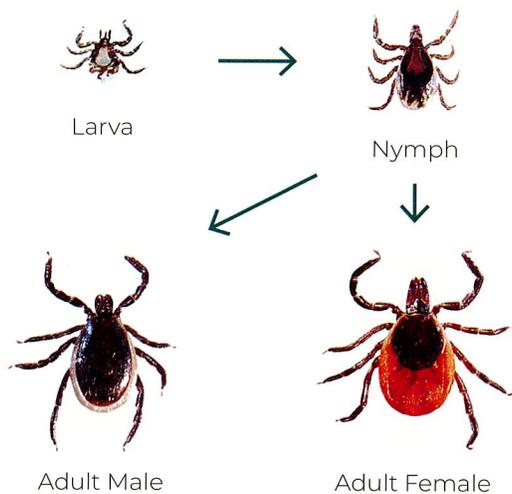


## TICK IDENTIFICATION

### Black-Legged Tick (Deer Tick) Growth Stages



Photos: TickEncounter, University of Rhode Island



## TICK PREVENTION CHECKLIST



Wear tall socks and pull over pants if possible.



Apply Tick Repellent. Use as labeled (Permethrin for clothes, ≥20% DEET or Picaridin for skin).



Wear light-colored clothing with sleeves.



Toss clothing in dryer on high heat for 15 mins. If washing, use hot water.



Shower or bathe as soon as you return inside.



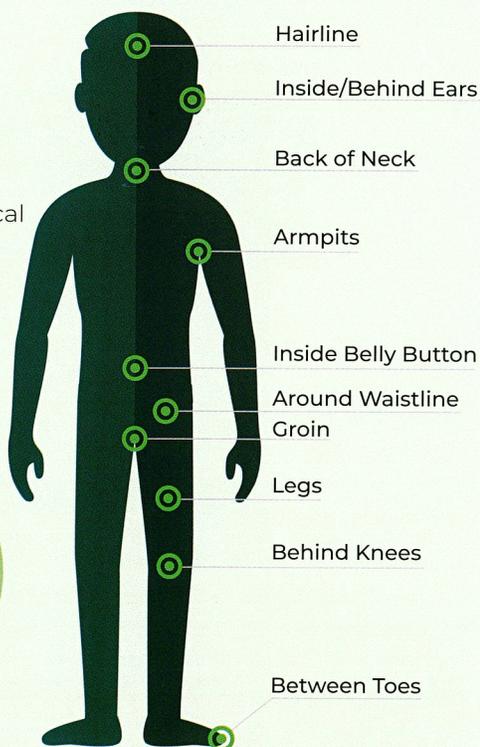
Mow lawn regularly. Avoid tall grass in yards, parks and recreation areas and while hiking.

## WHERE TO CHECK FOR TICKS

### FOUND A TICK?

We are proud to be affiliated with the Thangamani Lab at SUNY Upstate Medical University, which has a procedure for accepting and testing ticks and communicating results.

Visit [NYTicks.org](http://NYTicks.org) to learn more!



## LYME DISEASE SYMPTOMS

LIKELY

EARLY LYME	CHRONIC LYME
Fatigue	Fatigue
Rash	Joint Pain
Headache	Muscle Pain
Fever	Other Pain
Sweats	Sleep Issues
Chills	Cognitive
Muscle Pain	Depression
Joint Pain	Neuropathy
Neck Pain	Headache
Sleep Issues	Heart Issues

LESS LIKELY