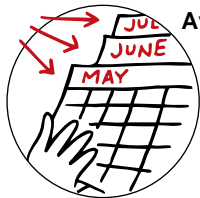


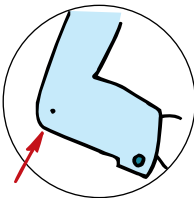
Lyme disease is usually transmitted by bites from deer ticks.

You can reduce your risk outdoors by taking these precautions...



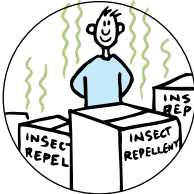
Avoid infested areas—
particularly in May,
June and July.

Wear light-colored
clothing to spot
ticks more easily.



Wear long-sleeved
shirts and pants. Tuck
pant legs into boots.

Use insect repellent
containing DEET®
on clothes and skin.



After being outdoors,
wash clothing and dry
at high temperature.

Shower immediately,
and inspect your
body for ticks.



Possible early signs of **Lyme disease infection** (treatable with antibiotics)

- A red circular rash
- Nausea
- Headaches
- Muscle pain
- Fatigue
- Swollen glands
- 'Flu-like' symptoms

Secondary symptoms (may develop if untreated)

- Arthritis
- Migraine headaches
- Dizziness
- Irregular heartbeat