



IN THE NEWS
LIVINGSTON COUNTY DEPARTMENT OF HEALTH

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For Immediate Release
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Tick Borne Diseases on the Rise
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Livingston County Department of Health encourages you to **THINK TICKS!**

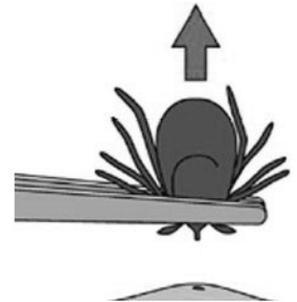
In New York State, ticks most commonly spread Lyme disease that is increasing in frequency. Other tick borne diseases previously not detected are also being reported. Take steps to protect yourself and your family.

How to Avoid Ticks

- Wear light-colored clothing to spot ticks easily.
- Wear enclosed shoes, long pants and a long-sleeved shirt. Tuck pant legs into socks or boots and shirt into pants.
- Check clothes and skin often for ticks while outdoors.
- Use insect repellent.
- Stay on cleared, well-traveled trails. Walk in the center of trails. Avoid dense woods and bushy areas.
- Bathe or shower within 2 hours after going indoors to wash off and easily find ticks.
- Do a full-body tick check at the end of the day and remove ticks right away.

How to Remove a Tick

- Using fine tipped tweezers, grasp the tick near mouthparts as close to skin as possible.
- Pull tick in an upward, steady motion away from skin.
- Clean the bite site with soap and water, rubbing alcohol, or hydrogen peroxide.
- Record date and location of tick bite. If a rash or flu-like symptoms appear contact your health care provider as soon as possible.
- **The risk of Lyme disease is lower if the tick is removed within 24-36 hours.**



FREE TICK REMOVAL KITS available to **Livingston County residents** (limited supply)

For more information about tick borne diseases, please visit the **Center for Environmental Health "Ticks"** webpage: www.livingstoncounty.us/eh

Questions may be directed to the Livingston County Department of Health at (585)243-7280, Monday thru Friday from 8:00am to 4:00pm, or by e-mail: dept-of-health@co.livingston.ny.us.