

CHECK FOR TICKS!

Check your body for ticks every day when you shower.

Ticks feel like tiny bumps or tags on your skin. Check your armpits, groin, waistline, neck, hair, ears, and backs of knees.



Stop Tick Bites:

- Treat clothing with Permethrin*
- Use insect repellent on your skin
- Wear long-sleeved shirts and pants

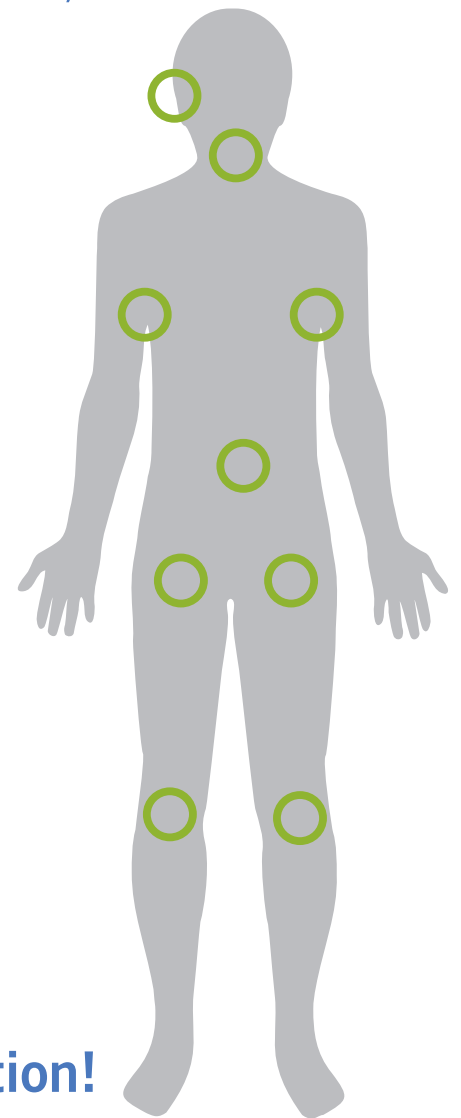
Symptoms of Lyme:

- Headaches, fever and chills
- Fatigue, muscle and joint aches
- Rash, swollen lymph nodes

Found a tick?

- Remove immediately using tweezers
- Save tick to get it tested
- Monitor yourself for symptoms

See a doctor ASAP if you suspect an infection!



*Permethrin available online. Clothing and uniforms can be treated professionally for additional cost.

For the latest information about Lyme disease symptoms, prevention, treatments and tick testing visit bayarealyme.org.



Bay Area Lyme
FOUNDATION