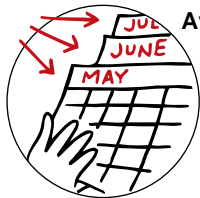


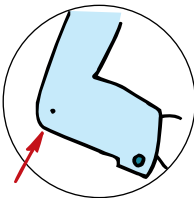
# Lyme disease is usually transmitted by bites from deer ticks.

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



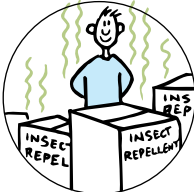
**Avoid infested areas—**  
particularly in May,  
June and July.

**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