

Do you think there will be a large feast tonight?



# You Are Cordially Invited To The Ticks' Party!! Main Course: YOU

Not if the humans come prepared.



## LYME DISEASE TIPS FOR PERSONAL PROTECTION

1. Avoid tick-infested areas, especially in May, June and July.
2. Wear light-colored clothing so that ticks can be spotted more easily.
3. Tuck pant legs into socks or boots and shirt into pants.
4. Tape the area where pants and socks meet so that ticks cannot crawl under clothing.
5. Use insect repellent containing DEET or picaridin.
6. Spray insect repellents containing permethrin on clothing only.
7. Wear a hat and long-sleeved shirt for added protection.
8. Walk in the center of trails to avoid overhanging grass and brush.
9. After being outdoors, remove, wash and dry clothing at a high temperature; inspect body carefully and properly remove any attached ticks.
10. Clear brush and tall grass around house and at the edges of gardens.



**KATHLEEN A. DONOVAN, *Bergen County Executive***  
**The Board of Chosen Freeholders**

John D. Mitchell, *Chairman* • John A. Felice, *Vice Chairman*  
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