
Tick Prevention Tips

While hiking, working, or spending time in wooded areas:

- *Wear long pants and long-sleeved shirts to protect against ticks & other biting insects.*
- *Check for ticks every 2-3 hours while outdoors and brush off any ticks before they attach.*
- *Perform a full body check multiple times during the day, as well as at the end of the day, to ensure that no ticks are attached.*
- *Consider use of repellents containing DEET, picaridin, or IR3535, following label instructions.*

For more information about Lyme Disease and other tick-borne diseases, visit:

<https://www.health.ny.gov/diseases/communicable/lyme/>
