

# Prevent Lyme disease

## 1 SHIELD YOUR SKIN WITH REPELLENT

Before heading outdoors to a wooded, bushy or grassy area, coat your skin with a repellent containing at least 20% DEET (such as Cutter Backwoods Unscented or 3M Ultrathon), advise Centers for Disease Control experts.

## 2 WEAR LIGHT-COLORED CLOTHES IN RISKY AREAS

It's easiest to spot deer ticks—black dots as small as the head of a pin—if you're wearing light-colored clothing. Also, to give ticks the least opportunity to latch onto your skin, don long sleeves and long pants (tucked into socks) and avoid open-toed shoes. Another option: wearing clothes with built-in tick-repellent (at [InsectShield.com](http://InsectShield.com) and [Amazon.com](http://Amazon.com)).

## 3 PROTECT FOUR-LEGGED PALS, TOO

Dogs and cats are also susceptible to Lyme disease, so use a veterinarian-prescribed preventative (such as Frontline or K9 Advantix) when they're in tick-infested areas.

## 4 SPRAY CLOTHES WITH A TICK-KILLER

Treating outer clothing and outdoor gear with the insecticide permethrin kills ticks on contact. Options include Tick Block at [DoYourOwnPestControl.com](http://DoYourOwnPestControl.com) or Sawyer Products Premium Insect Repellent at Walmart.

## 5 SHOWER WITHIN AN HOUR

It usually takes a few hours for a tick to embed in the skin, so bathing as soon as you're back indoors gives you a good shot at washing them away before there's a problem.



### Remove it right!

The sooner you remove a tick, the less likely it'll cause an infection. Using tweezers, grab the tick by the head as close to the skin as possible and pull up with steady, even pressure, then wash the area with antiseptic cleanser. (Save the tick in a plastic bag; it may help your doctor determine if you're at risk.)

## 6 SET YOUR DRYER ON HIGH

If you think you may have come in contact with a tick, put your clothes in a hot dryer for 20 minutes—enough time to kill any unseen ticks.