

## Lyme Disease

Beginning in April and ending in October, the deer tick that causes Lyme disease will be out in Livingston County. Lyme disease is a bacterial infection that can cause skin, arthritic, heart and nervous system problems.

People who spend time in grassy and wooded places are at an increase risk of exposure. A few simple precautions can greatly reduce your risk of Lyme disease:

Walk in the center of wooded paths

Avoid tall grass or bushes

Wear long-sleeved shirt and long pants

Tuck your pants legs into your socks or boots

Wear light-colored clothing to make it easier to spot deer ticks

Check yourself, children and pets for ticks while outside and again at home



For more information call the Center for Environmental Health at 243-7280.

Related Links:

[http://www.health.state.ny.us/nysdoh/communicable\\_diseases/en/lyme.htm](http://www.health.state.ny.us/nysdoh/communicable_diseases/en/lyme.htm)

[http://www.cdc.gov/ncidod/diseases/submenu/sub\\_lyme.htm](http://www.cdc.gov/ncidod/diseases/submenu/sub_lyme.htm)