



# Lyme Disease & Other Tick-borne Illnesses

## Did you know?

*Climate change is leading to more tick activity in many areas. Some places now have ticks year-round.*

## Action Plan

- Ticks transmit Lyme and other diseases, so it is important to take steps to prevent tick bites.
- Wear light-colored long-sleeved shirts, long pants, socks, and a hat when outside to cover exposed skin and make it easy to see and remove ticks before they bite. Tuck pants into socks. Consider using repellent clothing (treated with permethrin) and wash them separately from untreated clothing.
- Use EPA-registered insect repellents containing 20-30% DEET, 20% Picaridin, or Oil of Lemon Eucalyptus, when going outdoors. Apply once a day to exposed skin and clothing, but not under clothing.
- Check for ticks daily. Caregivers should do a head-to-toe skin check on young children. Ticks can hide under armpits, behind knees, in hair, in and around ears, in the belly button, between toes, and in the groin area.
- Shower as soon as possible after spending time outdoors.

[more](#) →



- Tumble clothes in a dryer on high heat for 10 minutes to kill ticks on dry clothing after you come indoors.
- Check your pets for ticks daily and talk to your vet about the best tick prevention products for your animal.
- If you find a tick in your skin, use tweezers to carefully remove the entire tick as soon as possible.
- Contact your physician if you develop flu-like symptoms or a bulls-eye rash within 30 days of being bitten by a tick.

## Resources

To determine what to do after removing a tick, visit <https://www.cdc.gov/ticks/after-a-tick-bite/index.html> to use the interactive CDC Tick Bite Bot.

To read more about protection from ticks, visit [mountsinaiaexposomics.org](https://mountsinaiaexposomics.org)

To learn more about Lyme disease, visit [cdc.gov/Lyme](https://cdc.gov/Lyme)

For more information on safer insect repellents visit <https://nyscheck.org/rx/>