

<http://www.maine.gov/dhhs/boh/ddc/epi/vector-borne/lyme/lyme-faq.shtml#Q18>

How can I protect my family and myself from getting Lyme disease?

Answer - To prevent Lyme disease and other tick-borne illnesses, the best protection is to avoid contact with ticks. If you are working, playing, or relaxing in areas that may have ticks you should do the following:

- Wear light colored clothing (spot ticks easier) with long sleeve shirts and pants
- Create an extra "no tick" zone by tucking your pants into your socks and your shirt into your pants
- Use insect repellent (with DEET) on your skin and apply permethrin (kills ticks on contact) to your clothes. For information on other recommended repellents, click on the following link: <http://www.cdc.gov/ncidod/dvbid/westnile/RepellentUpdates.htm>
- Check your clothing and skin carefully after being outdoors in likely tick infested areas & remove ticks promptly
- Wash area of any possible tick bites thoroughly with soap and water, apply an antiseptic to area of the bite
- Mark on a calendar the date that you were bitten, then watch yourself for signs of Lyme disease or any changes in your personal health every day for the next month
- Keep your lawn mowed, cut overgrown brush, and clear away leaf litter from your home
- Inspect any pets daily and remove any ticks found