

When outdoors...

AVOID TICK AND MOSQUITO BITES

Ticks can spread Lyme and other diseases. Mosquitoes can spread West Nile and other viruses.



- ◆ Long sleeves and pants should be worn to reduce tick and mosquito bites.
- ◆ Wear light colored clothing so you can see ticks and remove them.
- ◆ Do daily tick checks on yourself and your children.
- ◆ Consider the use of tick or mosquito repellents; follow label directions.
- ◆ Remove ticks promptly with tweezers.

www.albanycounty.com/health/lyme.asp



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