

Did You Know?

Watch out for Ticks!

Both adult deer ticks and nymphs can transmit Lyme Disease and numerous co-infections. It is vital to check yourself, your children, and pets thoroughly for ticks every time you come indoors.

Shower within two hours of coming indoors to wash off unattached ticks. Perform full-body checks. Look for ticks: in belly button, behind ears, behind knees, between the legs, around the waist, in the hairline, in other skin folds. Put clothes in dryer on high for 10 minutes.

Proper Tick Removal

Using tweezers, grasp the tick as close to the skin as possible.

Gently pull the tick in a steady, upward motion.

Wash the area with a disinfectant.

Learn more: Here is a NY State resource:
<https://www.health.ny.gov/publications/2825/>



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