

**B**athe or shower within  
two hours of coming indoors

**L**ook for ticks on your  
body and remove them

**A**pply repellent to your  
body and clothes

**S**afeguard your yard

**T**reat your pet



### **What is it?**

Lyme disease is a bacterial infection, spread through the bite of a “black-legged tick” or “deer tick.” These ticks are commonly found in Delaware.

**1-888-295-5156**  
**de.gov/lyme**



*DELAWARE HEALTH AND SOCIAL SERVICES*  
Division of Public Health