Bathe or shower within two hours of coming indoors

Look for ticks on your body and remove them

Apply repellent to your body and clothes

Safeguard your yard

Treat your pet

BLAST Lyme Disease

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

Adapted from the Ridgefield, Connecticut, BLAST Program (used with permission).