

WHAT THE HEALTH!?

Prevent Tick-borne Diseases!

Warm weather means bug weather! Protect yourself and your family this spring and summer from ticks that spread diseases, like Lyme disease!

- Wear insect repellent when going outdoors, especially if you will be in tall grass
- Thoroughly check for ticks if you have spent time outside
- Shower soon after being outdoors to wash ticks off (if they are not all ready attached)
- If you find a tick on your body, remove it with fine tip tweezers. Never use petroleum oil, open flames, or anything else that will aggravate the tick.
- Call your doctor if you get a fever or rash following a tick bite. Lyme disease, along with some other tick-borne diseases, should be treated with an anti-biotic.

Rabies Vaccination Clinic:

Thursday, June 20th • 6:00-8:00pm • Apalachin Fire Station

Don't forget to Pre-Register at www.health.ny.gov/go2clinic/54

Heat Related Deaths
ARE Preventable
LOOK BEFORE YOU LOCK



The temperature in your car can quickly become deadly!

Outside Temperature 80°



weather.gov/heat

nhtsa.gov

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