



PREVENTION

BLAST

Tick-borne Disease
Prevention Program

Outdoor fun starts with the **5 BLAST Steps**.

Whether you are playing in the yard or heading out for a hike, it's important to take steps to avoid tick-borne diseases.



Bathe or shower soon
after outdoor activity.

Wash ticks off before they attach.



Look for ticks and
remove properly.

Quick tick removal is essential.



Apply repellents to
skin and clothing.

Make the safest choices
for your family.



Spray tick habitat
areas in your yard.

Assess your property for
locations of greatest risk.



Treat pets with veterinarian
recommended products.

Help pets avoid tick-borne diseases
and carrying ticks into the home.

Online prevention resources can be found at:
BlastLyme.org



EARLY SYMPTOMS

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If you contract a tick-borne illness, early diagnosis and treatment are key.

Look for these signs and symptoms:

Early signs and symptoms of Lyme disease often include a red expanding rash, fatigue, chills, fever, headache, muscle and joint aches, and swollen lymph nodes. Without early treatment, the infection may cause additional rashes on other areas of the body, Facial or Bell's palsy, severe headaches and neck stiffness, pain and swelling in large joints, pain that interferes with sleep, or heart palpitations and dizziness. Lack of treatment can result in severe joint pain and swelling and chronic neurological complaints. These include shooting pains, numbness, or tingling in the hands or feet, and problems with short-term memory. (CDC)

Consult your healthcare professional.

Online resources to help you understand the early signs and symptoms of tick-borne illnesses can be found at: BlastLyme.org

Contact the BLAST Lyme Disease Prevention Program at:

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