



# Lyme Disease Prevention Program

**Follow the BLAST steps  
and keep your family safe.**

**B**athe or shower soon after  
coming indoors.

**L**ook for ticks and remove with  
fine tipped tweezers.

**A**pply repellents for skin  
and/or clothing.\*

**S**pray the perimeter of your  
yard for ticks.\*

**T**reat your pets with a product  
recommended by your  
veterinarian

Contact the Ridgefield Health  
Department BLAST Lyme Disease  
Program at: 203-431-2745 for  
additional information.

E-mail: [blastlyme@ridgefieldct.org](mailto:blastlyme@ridgefieldct.org)

Web Site: [www.ridgefieldct.org](http://www.ridgefieldct.org)

For additional information contact:

[www.ct.gov/caes](http://www.ct.gov/caes) "Tick Management Handbook"

[www.cdc.gov/ncidod/dvbid/lyme/index.htm](http://www.cdc.gov/ncidod/dvbid/lyme/index.htm)

[www.ct.gov/dph](http://www.ct.gov/dph)

[www.tickencounter.org](http://www.tickencounter.org)



# Take Early Signs and Symptoms Seriously

*Consult a healthcare  
professional if you  
experience these early  
symptoms:*

**Expanding Rash**  
(not always present)

**Fatigue**

**Headache**

**Stiff Neck**

**Fever and/or Chills**

**Muscle and/or Joint Pain**

Left untreated, the Lyme Disease infection can worsen and lead to joint swelling, neurological problems and cardiac complications.

\* using repellents and pesticides, while proven effective, is a personal decision. Go to [www.ct.gov/caes](http://www.ct.gov/caes) for tick management information.

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