



# Lyme Disease Prevention Program

## Follow the BLAST Safety Steps

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

**L**ook for ticks and remove with tweezers

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

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

**T**reat your pets

*Contact the Ridgefield Health Department*

**BLAST Lyme Disease Program**

**203-431-2745**

**[www.ridgefieldct.org](http://www.ridgefieldct.org)**

**[blastlyme@ridgefieldct.org](mailto:blastlyme@ridgefieldct.org)**

