

**We need YOU  
to be a  
Lyme Fighter !**



**Learn the five B.L.A.S.T. steps that will  
keep your family safe.**

**B**athe after spending time outdoors

**L**ook your body over for ticks and rashes

**A**pply repellents correctly to skin & clothing\*

**S**pray the yard perimeter to reduce ticks\*

**T**reat your pets to prevent ticks and Lyme disease

**To find out more, call:**

**Sue Perlotto or Jennifer Reid 203-431-2745**

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

**Ridgefield Health Department**



**Lyme Disease  
Prevention Program**

**\* 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.**