



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

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

Bathe after spending time outdoors

Look your body over for ticks and rashes

Apply repellents correctly to skin & clothing*

Spray the yard perimeter to reduce ticks*

Treat 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.

Ridgefield Health Department



**Lyme Disease
Prevention Program**

*** using repellents and pesticides, while proven effective, is a personal decision. Go to www.ct.gov/caes for tick management information.**