



**LYME DISEASE
PREVENTION
PROGRAM**

Ridgefield Health Department

Sue Perlotto

Jennifer Reid

Tel 203-431-2745

Fax 203-431-1804

blastlyme@ridgefieldct.org

www.ridgefieldct.org

Town Hall Annex • 66 Prospect St. • Ridgefield, CT 06877

5 Ways for YOU to Keep Your family safe.....

Bathe or shower soon after coming indoors.

Look for ticks and remove with tweezers.

Apply repellents for skin and/or clothing.*

Spray the perimeter of your yard for ticks.*

Treat your pets with a product recommended by your veterinarian.

* *Using repellents and pesticides, while proven effective, is a personal decision.*

For additional information on ticks and tick bite prevention, visit www.ct.gov/caes and click on "Tick Management Handbook".

Take Early Signs and Symptoms Seriously

Consult a healthcare professional if you experience :

- **Expanding rash (not always present)**
- **Headache**
- **Fever and/or Chills**
- **Fatigue headache**
- **Stiff neck,**
- **Muscle and/or joint pain.**

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



The Ridgefield Health Department
BLAST
Lyme Disease Prevention Program

Lyme Disease
Awareness Certificate

In recognition of your
accomplishments in
learning about Lyme
disease and sharing this
information with an adult
and your friends.

Presented to: _____

The Ridgefield Health Department

Date




Ridgefield
Health Department


Lyme Disease
Prevention Program



business card magnet



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Protect your family from Lyme Disease

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