



## **A MINUTE OF HEALTH WITH CDC**

### *Beware of Ticks*

*Lyme Disease Awareness Month – May 2015*

Recorded: May 12, 2015; posted: May 14, 2015

*[Announcer] This program is presented by the Centers for Disease Control and Prevention.*

As winter gives way to spring and we head outdoors, it's important to take steps to avoid getting Lyme disease. Lyme disease is transmitted by the bite of blacklegged ticks and affects up to 300,000 Americans each year. Most cases are reported from New England, the mid-Atlantic region, and the upper Midwest. To help prevent tick bites, avoid areas where ticks are common, apply repellents that contain up to 30 percent DEET, wear pesticide-treated clothing, and check for ticks daily. If you've been in a tick habitat and get a fever, muscle and joint pain, or rash, see a health care provider immediately.

Thank you for joining us on a Minute of Health with CDC.

*For the most accurate health information, visit [www.cdc.gov](http://www.cdc.gov) or call 1-800-CDC-INFO.*