



## TICKS

### GRAPHIC 1



MP4 File in Social Media Graphics

### FB/INST

Commissioner Dr. James McDonald joined a Department tick drag to highlight the prevalence of ticks, which can carry a number of diseases that can be spread to people and pets. Learn more about those diseases and how to protect yourself and your family against ticks: [on.ny.gov/42lfDI9](https://on.ny.gov/42lfDI9) and <https://bit.ly/4d9Oheb>

### X/THREADS/BS

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### GRAPHIC 2



### CAPTION

You're at risk of encountering infected blacklegged (deer) ticks anywhere in New York State, but they are particularly active in some areas. The Department monitors tick populations and disease patterns by region. Visit: <https://bit.ly/3QseAmK>



**GRAPHIC 3**



health.ny.gov



**FB/INST**

Removing an attached tick as soon as you find it will reduce the risk of Lyme disease and other tick-borne illnesses.

- Use fine-tipped tweezers to grasp the tick as close to the skin as possible.
- Pull upward with steady, even pressure.
- Avoid squeezing the tick's body or using irritants like soap or flame.
- Clean the bite area with alcohol or soap and water.
- If mouthparts remain in the skin, they typically fall out on their own and do not transmit disease.

To learn more, watch <https://bit.ly/4tWKG8W>

**X/THREADS/BS**

Removing an attached tick as soon as you find it will reduce the risk of Lyme disease and other tick-borne illnesses. Here are tips to quickly and safely remove a tick: <https://bit.ly/4tWKG8W>



#### GRAPHIC 4



health.ny.gov



#### FB/INST

Protect yourself and your family by taking simple precautions to avoid tick bites, especially in wooded or grassy areas:

- Wear long pants, long-sleeved shirts and closed-toed shoes.
- Keep long hair tied back, especially when gardening.
- Check for ticks often while outdoors and brush them away before they attach.
- Perform a full body check multiple times during the day, as well as at the end of the day, to ensure that no ticks are attached.
- Tumble dry clothes in a dryer on high heat for 10 minutes to kill ticks after you come indoors.
- Shower soon after coming indoors.
- Check pets for ticks.
- Consider using EPA-registered repellents labelled as effective against ticks containing DEET, picaridin or IR3535, and follow label instructions. If you are using sunscreen, apply sunscreen first and insect repellent second.

To learn more, watch <https://bit.ly/4cOrOmx>

#### X/THREADS/BS

Protect yourself and your family from tick-borne diseases by taking simple precautions, especially in wooded or grassy areas. For tips on preventing tick bites, watch <https://bit.ly/4cOrOmx>



### GRAPHIC 5



### FB/INST

Commissioner [Dr. James McDonald](#): “Tick bites can transmit Lyme disease, anaplasmosis, babesiosis and other diseases. Ticks can be found in many areas across New York and the best way to prevent tick-borne illness is to follow simple methods to avoid tick-borne illnesses.”

Those methods including using insect repellent, tucking pants into socks & wearing long sleeves and looking for & removing ticks. More information: [on.ny.gov/4tbETLQ](https://on.ny.gov/4tbETLQ)

### X/THREADS/BS

DOH Comm. McDonald: “Tick bites can transmit Lyme and other diseases. Ticks can be found in many areas across New York and the best way to prevent tick-borne illness is to follow simple methods, such as using insect repellent.” More important info: [on.ny.gov/4tbETLQ](https://on.ny.gov/4tbETLQ)