

Assemblyman Angelo Santabarbara: Learn how to protect your family from **LYME DISEASE**

“With summer upon us, it’s important to know about the risk of Lyme disease and tick-borne illnesses. Join me for this special event that can provide you with helpful information on how to minimize your risk and what to do if you find a tick bite.”

– **Assemblyman Santabarbara**



2550 Riverfront Center
Amsterdam, NY 12010

PRSRT STD.
U.S. Postage
PAID
Albany, NY
Permit No. 75

You're invited to join:

Assemblyman Santabarbara & Cornell Cooperative Extension to learn about **LYME DISEASE PREVENTION**

Lyme disease is a bacterial infection transmitted by a tick bite that, if left untreated, can affect the heart, liver or central nervous system. The first symptoms often include a red “bull’s-eye” rash at the site of the bite, chills, fever, fatigue, headache and muscle pain.



Tips to minimize your risk:



- When in wooded or grassy areas, stay on well-traveled paths and avoid heavy vegetation.
- Wear light-colored long pants and a long sleeved shirt and tuck pants into socks and shirts into pants.
- Once indoors, do a thorough check of your clothes and your entire body, paying particular attention to the backs of knees, behind the ears, the scalp and back.
- Check your children and pets for attached or crawling ticks.

Assemblyman Angelo Santabarbara: **Questions? Need more information? I'm here to help.**
2550 Riverfront Center, Amsterdam, NY 12010 • 518-843-0227 • SantabarbaraA@nyassembly.gov • nyassembly.gov/Santabarbara