

CONCEPT 1

**CAT-NAPPING-
IN-THE-SOFT-
WARM-
GRASS TIME...**



**Is
LYME
TIME** 

Warm sun, shady tree, pillowy tufts of grass, it's the perfect place for a sweet summer nap... and ticks that carry Lyme disease. Protect yourself and your pets by doing regular tick checks. Remove attached ticks immediately and contact your doctor if you develop a rash or fever within weeks after a tick bite.

Learn how to protect against
Lyme disease this season at
CDC.GOV/LYME





CDC

March 1 at 1:48 PM · 🌐

Don't play caddy to ticks out on the links. Use layered protection to prevent tick bites and stop Lyme disease.



Take time to stop Lyme
Prevent tick bites

[Learn More](#)

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CDC

March 1 at 1:48 PM · 🌐



Bird nerds, beware! Ticks that carry Lyme disease could be in your fave birdwatching spot. Learn how to stay protected.



This season is tick season
Prevent Lyme disease

[Learn More](#)

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CONCEPT 2

✓ 3 days in the wild

✓ 10 minutes
treating clothes
with permethrin

No time for Lyme.

It takes only a few moments to prevent tick bites and protect against Lyme disease. Choose any (or all!) of the following actions:

- Treat outdoor clothes with permethrin.
- Use EPA-registered insect repellent.
- Wear long, light-colored clothing.
- Do regular tick checks after time outside.





CDC

March 1 at 1:48 PM · 🌐



Doing regular tick checks is a quick and easy way to prevent tick bites and Lyme disease when you're spending time outside.



- ✓ 4-hour hike
- ✓ 5-minute tick check



No time for Lyme.



Check for ticks
Prevent Lyme disease

Learn More

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Quickly removing ticks can help stop Lyme disease. If you develop a rash or fever afterward, notify your healthcare provider.

- ✓ 15 minutes gardening
- ✓ 20 seconds removing a tick



No time for Lyme.



Remove ticks ASAP
Prevent Lyme disease

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CONCEPT 3



Here's to
you, me, &
a bit of
Lyme...

Don't let ticks tag along.

Ticks aren't just a nuisance. They can infect you and your loved ones with Lyme disease.  Use EPA-registered insect repellent and check for ticks after engaging in outdoor activities.

Learn more about tick prevention at
cdc.gov/lyme





CDC

March 1 at 1:48 PM · 🌐

Pets can pick up ticks, and ticks can carry Lyme disease. Make sure to check yourself and your pets for ticks regularly.



Don't let ticks tag along.



Prevent Lyme disease
Stop tick bites

[Learn More](#)

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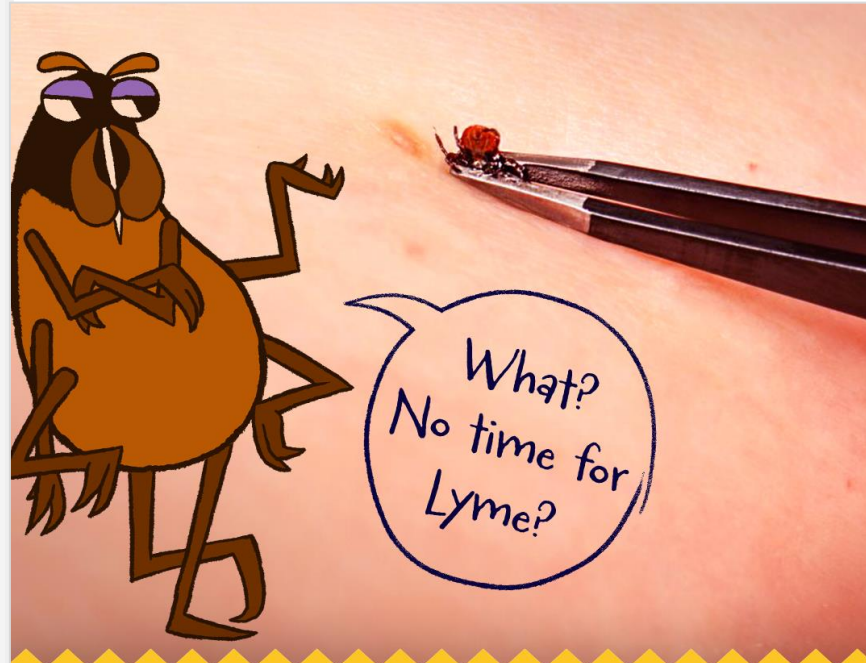


CDC

March 1 at 1:48 PM · 🌐



Fast action to remove ticks can prevent Lyme disease. If you develop a rash or fever after a tick bite, contact your doctor.



Don't let ticks tag along.



Prevent Lyme disease
Remove ticks immediately

[Learn More](#)

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CONCEPT 4

TICKS



CRAWLING UP TO NO GOOD

Ticks are more than a nuisance. Their bites can cause Lyme disease. However, you can protect yourself against these blood-sucking hooligans with a layered approach that combines any (or all!) of these steps.

- ✓ Check for ticks after outdoor activity.
- ✓ Use EPA-registered insect repellent.
- ✓ Wear long, light colored clothing.
- ✓ Treat clothes with permethrin.



GET ALL THE FACTS AT [CDC.GOV/LYME](https://www.cdc.gov/lyme)



Look out for Lyme

SOCIAL – RESPONSE

[Overlay, graphic of a tick being removed from someone's arm]

Remove trespassers from your premises.

Look out for Lyme

[Status]

Give attached ticks the boot ASAP to help prevent Lyme disease. If you get a rash or fever later on, talk to your doctor.

[Headline]

Remove ticks ASAP

[Subhead]

Look out for Lyme



Look out for Lyme

SOCIAL – PREVENTION – Alternate line

[Overlay, graphic of a tick crawling above the sock-line on someone's leg]

Beware of hitch hikers on the trail.

Look out for Lyme

[Status]

Ticks aren't just tiny and sneaky. The little buggers can carry Lyme disease too. Do tick checks after spending time outside.

[Headline]

Prevent tick bites

[Subhead]

Look out for Lyme

