



## Free Prevention Seminars for your group or community group

*Presented by:* **PA Lyme Resource Network**

**Tick-borne infections are preventable...**

**awareness is the first step to action.** Lyme can be serious if not diagnosed and treated early. Ticks are a state-wide risk. A recent PA Environmental Protection study reported Lyme and other tick-borne diseases in all 67 counties. PA has led the nation in new cases. Each year, more than 100,000 of the 300,000+ cases reported in the US come from Pennsylvania.

**Learn how to prevent tick bites and Lyme/tick-borne diseases. Our seminars cover:**

- Ticks and Tick-borne diseases
- Preventing tick bites
- Acting if bitten by a tick
- Recognizing early symptoms
- Seeking help if you get sick
- And much more

For more information or to schedule a free seminar contact: **[info@palyme.org](mailto:info@palyme.org)**

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## How Tick Aware Are You?

1. What's the best way to remove a tick?
  - a. squash it as soon as possible
  - b. stun it with nail polish
  - c. use pointy tweezers to pull it straight out
  - d. use a twister to twist tick out
2. What step offers you the most protection from ticks?
  - a. tuck socks into long pants
  - b. spray your skin with DEET
  - c. wear clothes treated with Permethrin spray
  - d. wear shoes and socks treated with Permethrin
3. What % of ticks in PA carry multiple tick diseases?
  - a. 0 - 5%
  - b. 10-15%
  - c. 20-60%
  - d. 100%
4. What % of Lyme cases result in persistent symptoms?
  - a. 0-5%
  - b. 10-15%
  - c. 20-40%
  - d. 80%

*Answers: 1-c, 2-d, 3-c, 4-c*

**Want to learn more? Book your seminar!**

**D – DEFEND** yourself with clothing & spray  
**A – AVOID** tick habitat  
**R – REMEMBER** your tick checks  
**E – ELIMINATE** the tick

### The Dare 2B Tick Aware Program

PA Lyme Resource Network was selected by the Pennsylvania Department of Health to implement a state-wide, community-based Lyme & Tick-borne disease prevention program.

The goal is to improve the use of prevention strategies, reduce tick bites, and improve early diagnosis. This program uses the most current research available and standardizes prevention messages across the state. The program will include seminars, printed materials, webinars, and public service announcements. Stay tuned for future programs coming for schools and health care practitioners.

Certified PA Lyme Resource Network Faculty can provide the standard 1 hour seminar, a 30 minute short program, and customized/longer and more advanced seminars.

Businesses interested in a seminar should email [info@palyme.org](mailto:info@palyme.org) for details and fee information.