



Protect Yourself from Lyme Disease

A bite from an infected tick causes Lyme disease. A “bull’s-eye” rash may appear surrounding the bite. Other symptoms may be non-specific and similar to flu, such as fever, lymph node swelling, neck stiffness, generalized fatigue, headaches, migrating joint aches or muscle aches.

You are at increased risk if your work involves construction, landscaping, forestry, brush clearing, land surveying, farming, railroads, oil fields, utility lines or park and wildlife management. However, ticks can strike anywhere outdoors.

Protect yourself from infection with these precautions from OSHA:

- Wear light-colored clothing to see ticks more easily.
- Wear long sleeves; tuck pants into socks and boots.
- Wear high boots or closed shoes that cover your feet completely.
- Wear a hat.
- Use tick repellants, but don’t apply to the face.
- Shower after work. Wash and dry your clothes at a high temperature.
- Examine your body thoroughly after work. Remove any attached ticks with tweezers.

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