



NEW YORK STATE SENATOR

Pamela Helming

Helming: Fight the Bite

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- [Lyme and Tick-Borne Diseases](#)



State Senator Pam Helming today urged local residents to take precautions to help prevent Lyme and other tick-borne diseases as National Lyme Disease Awareness Month is upon us in May. Experts are predicting a much earlier start to the season due to the warmer winter we experienced.

“It is important to know about tick bite prevention before going outdoors. Many people are taking part in outdoor activities with their families due to the COVID-19 PAUSE order, creating an increased risk for contracting tick-borne diseases. Lyme and other tick-borne diseases impact thousands of individuals and families across our region. We have to continue to educate and raise awareness to ensure that people can enjoy the outdoors safely,” said Senator Pam Helming.

Here are some simple steps that can help reduce your risk of being bitten by a tick:

- Wear long pants and long-sleeved shirts, and tuck the legs into your socks or boots. This helps keep ticks from reaching your skin.
- Wear light colored and tightly woven clothing. This makes it easier to see ticks.
- Use repellents that contain 20% or more DEET or Picaridin.
- Throw your clothes in the dryer for 20 minutes high heat, after spending time outdoors.
- Check yourself, your children, and pets at least once per day for ticks. A tick is so small it can easily go unnoticed. Conduct a whole body check including groin, armpits, belly button, base of hairline, behind ears, and behind knees.

Additional information and tips can be found at:
health.ny.gov/diseases/communicable/lyme

Senator Helming has worked closely with the Ontario County Lyme Disease Support Group. This community organization provides assistance for individuals with tick-borne diseases and their families. To learn more, visit
www.facebook.com/OntarioCountyLymeSupport

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