

LYME DISEASE RESOURCE GUIDE



PREVENTION AND EDUCATION

Rockland County Health Department

www.co.rockland.ny.us/health

Lyme Disease Education Program

Division of Health Promotion

Robert Yeager Health Center-Bldg. J

50 Sanatorium Road

Pomona, New York 10970

845-364-2501

New York State Department of Health

www.nyhealth.gov

Communicable Diseases: 1-518-474-4568

Environmental Health: 1-800-458-1158

National Pesticide Information Center:

1-800-858-7378

Centers for Disease Control and Prevention

www.cdc.gov/Lyme

Health information line: 1-800-232-4636

Westchester Medical Center

Lyme Disease Practice Information Line

1-914-493-8425

Pediatric Infectious Diseases

1-914-493-8333

Call between 8:30AM-4:30 PM

Cornell Cooperative Extension

www.rocklandcce.org

Tick Identification & Environmental Control

c/o Horticulture Laboratory

10 Patriot Hills Drive

Stony Point, NY 10980

Call 845-429-7085

Lab Hours: 9AM-Noon (Mon.-Thurs.)

The Rockland County Department of Health

C. Scott Vanderhoef
County Executive



Joan H. Facelle, MD, MPH
Commissioner of Health

HEALTH ADVISORY

If you have been exposed to or bitten by a tick and are experiencing any of these symptoms:

- a rash resembling an expanding patch
- fatigue or flu-like symptoms
- low grade fever
- headache
- weakness, numbness or paralysis
- muscle or joint pain



You may have a tick borne illness.

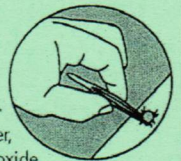
CALL YOUR DOCTOR!



Do a thorough
body check for ticks
after being outdoors!

HOW TO REMOVE A TICK

- Using tweezers, grasp tick near the mouth parts, as close to skin as possible.
- Pull tick in a steady, upward motion away from skin.
- DO NOT use kerosene, matches, or petroleum jelly to remove tick.
- Disinfect site with soap and water, rubbing alcohol or hydrogen peroxide.
- Record date and location of tick bite. If rash or flu-like symptoms appear contact your health care provider immediately.



Remove ticks as soon as possible to reduce your risk of getting infected with Lyme disease or other tick-borne illnesses.

QUESTIONS?

Contact: 845.364.2501

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CONDUCT A DAILY TICK CHECK.

Check your entire body for ticks once daily or more often when outdoors in highly vegetated areas.