



Department of Health
Agency of Human Services



Be Tick Smart While You Green Up Vermont

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BURLINGTON – The Vermont Department of Health is joining Green Up Vermont to spread a simple message about how to prevent tick-borne illnesses such as Lyme disease. Over 15,000 volunteers across the state will be foraging for trash on Green Up Day (Saturday, May 5th). Forty thousand green garbage bags will be filled with the litter that volunteers find lodged in grass and brushy areas, which is right where the ticks live.

Green Up Vermont President Melinda Vieux and the Health Department urge volunteers to follow three easy steps to stay safe:

1. Repel

Wear long pants and tuck them into socks.
Apply insect repellent with up to 30% DEET.
Apply permethrin to gear and clothes.

2. Inspect

Check yourself and your buddies for ticks from head to toe.
Shower as soon as you get home.
Adults check children and pets for ticks.

3. Remove

Detach ticks as soon as possible.
Use tweezers and pull straight up to remove.
Wash clothes immediately and dry on high heat for an hour

For more information about tick-borne illness check the [Department of Health website](#). You can also follow us on [Twitter](#) or join us on [Facebook](#) for health information and alerts.

To find out more about Green Up Vermont go to greenupvermont.org.

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