



# Bergen County Department of Health Services

## Tick-Borne Disease Resource Toolkit



We hope you are staying safe during this time. We would like to raise awareness for our Bergen Bites Back initiative, regarding tick-borne diseases and to educate residents to take steps to protect themselves and others. May, June and July are the peak months for tick borne disease, with the most common disease being Lyme Disease. Below you will find various resources related to Tick Borne Diseases. We hope you find these resources useful.

### General Information

[Pregnancy and Lyme Disease](#)

[Children and Lyme Disease](#)

[Lyme Disease Prevention Fact Sheet](#)

[How to Remove a Tick](#)

[How to avoid Tick Bites](#)

### General Information- Spanish

[Pregnancy and Lyme Disease Spanish](#)

[Children and Lyme Disease Spanish](#)

[Lyme Disease Prevention Facts Sheet Spanish](#)

### Resources for Your Pets

[Where to Check Your Pet for Ticks](#)

### Information for Posting in Parks and Hiking Trails

[Tick Prevention Park Sign](#)

[Don't Let a Tick Make You Sick](#)

### Resources for Children

[Information Sheet for Kids](#)

### Videos

[Ticks Safety Tip Video](#)

[5 Tips to Prevent Tick Bites and Getting Lyme Disease](#)

### Common Ticks in New Jersey

