





Tickborne Illness Dissemination Guidance for Social Media and WhatsApp Educational Clips

NCFH has created four short educational video clips that cover tick bite prevention and the risks associated with Lyme disease for outdoor workers such as landscapers and farmworkers. These clips were extracted from the full educational video “[The Risks of Tick Bites](#)” and can be shared via WhatsApp or social media sources.

The following table provides direct links to view and download all four clips and the accompanying sample messaging in English and Spanish, which can be used when sharing these clips. *Please note*, you can tailor these messages as needed to best fit the needs of your audiences.

Short Educational Clips	Social Media Posts: <i>(copy preferred language to send with video clip)</i>
<p>Downloadable Tickborne Clip #1: You can view the video clip here on YouTube and download here.</p> 	<p>English Message: Attention Outdoor Workers! Did you know that bites from a blacklegged tick can spread the bacteria that cause Lyme disease? Ticks are very common in states like New Jersey, Maine, Wisconsin, and New York, especially in the spring and summer, and can be found on tall blades of grass, bushes, or on the ground waiting to crawl on and bite their next victim! Watch the full video here to learn more!</p> <p>Spanish Message: ¡Atención trabajadores al aire libre! ¿Sabía que las picaduras de garrapatas de patas negras pueden propagar la bacteria que causa la enfermedad de Lyme? ¡Las garrapatas son muy comunes en estados como Nueva Jersey, Maine, Wisconsin y Nueva York, especialmente en primavera y verano, y se pueden encontrar en hierbas altas, arbustos o en el suelo esperando pegarse y morder a su próxima víctima! ¡Mire el video completo aquí para obtener más información!</p>

<p>Downloadable Tickborne Clip #2: You can view the video clip here on YouTube and download here.</p> 	<p>English Message: Attention Outdoor Workers! Did you know that it only takes a few simple steps to remove a tick safely to help prevent Lyme and other diseases? Watch the full video here to learn how!</p> <p>Spanish Message: ¡Atención trabajadores al aire libre! ¿Sabía que solo toma unos sencillos pasos para remover una garrapata de forma segura y ayudar a prevenir Lyme y otras enfermedades? ¡Mire el video completo aquí para aprender cómo!</p>
<p>Downloadable Tickborne Clip #3: You can view the video clip here on YouTube and download here.</p> 	<p>English Message: Outdoor Workers: Having a tick attached for more than a day increases your risk of getting Lyme Disease! The good news is that your doctor can prescribe a single-dose of doxycycline at a low cost to reduce the chance of Lyme disease. Watch the full video here to learn more!</p> <p>Spanish Message: Trabajadores al aire libre: ¡Tener una garrapata pegada durante más de un día aumenta el riesgo de contraer la enfermedad de Lyme! La buena noticia es que su doctor puede recetarle una sola dosis de doxiciclina a bajo costo para reducir el riesgo de la enfermedad de Lyme. ¡Mire el video completo aquí para obtener más información!</p>
<p>Downloadable Tickborne Clip #4: You can view the video clip here on YouTube and download here.</p> 	<p>English: Outdoor workers, you can prevent Lyme Disease by using insect repellent and checking for ticks daily! Watch the full video here to learn more.</p> <p>Spanish: ¡Trabajadores al aire libre, pueden prevenir la enfermedad de Lyme usando repelente de insectos y checándose si tiene garrapatas diariamente! Mire el video completo aquí para obtener más información.</p>

To receive support or if you have any questions about these resources, please contact Health Education Specialist, Missy Gallegos at mgallegos@ncfh.org.