

**Be safe and be seen:**

- Wear light colored clothing and reflective materials.
- Carry a flashlight to see at night.
- Be seen while crossing streets.



**Be Safe and Alert:**

- Always walk on the sidewalk. If there is no sidewalk, walk facing traffic.
- Don't assume vehicles will stop. Make eye contact with drivers.
- Be aware of surroundings, watch for hazards in your path



**Be prepared**

- Find a buddy, safety in numbers
- Stay hydrated, walk with water.
- Tell someone, where and when you walk.
- A good pair of shoes is all you need. Ideally they should be light and flexible with plenty of room around the toe so you can stretch your feet.
- Plan your route.
- Wear a watch, to time your walks
- Wear a pedometer to track your distance and steps!



# Prevent Lyme Disease Use Insect Repellents Safely!

**Don't do this Stuff**

- Don't spray your face!
- Don't put it on little kids hands
- Don't use it under clothes

**Do this Stuff**

- Follow directions spray only outdoors!
- Wear light colored clothing, so you can see ticks and remove them!
- Wash off Repellent when you go indoors
- Wear a long sleeved shirt and long pants!

**Dress to REPEL!**

For More Information on HEAL Schuyler  
[WWW.SCHUYLERCOUNTY.US/HEAL](http://WWW.SCHUYLERCOUNTY.US/HEAL)



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**Town of Orange**

## Trails & Recreation Areas



# Town of Orange

-  DEC Trails
-  Finger Lakes Trail
-  Healthy Heart Community Mile
-  Town Roads
-  County Roads
-  State Roads
-  Trail Parking
-  State & Federal Recreation Areas
-  School Property
-  Lakes
-  Streams

