

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



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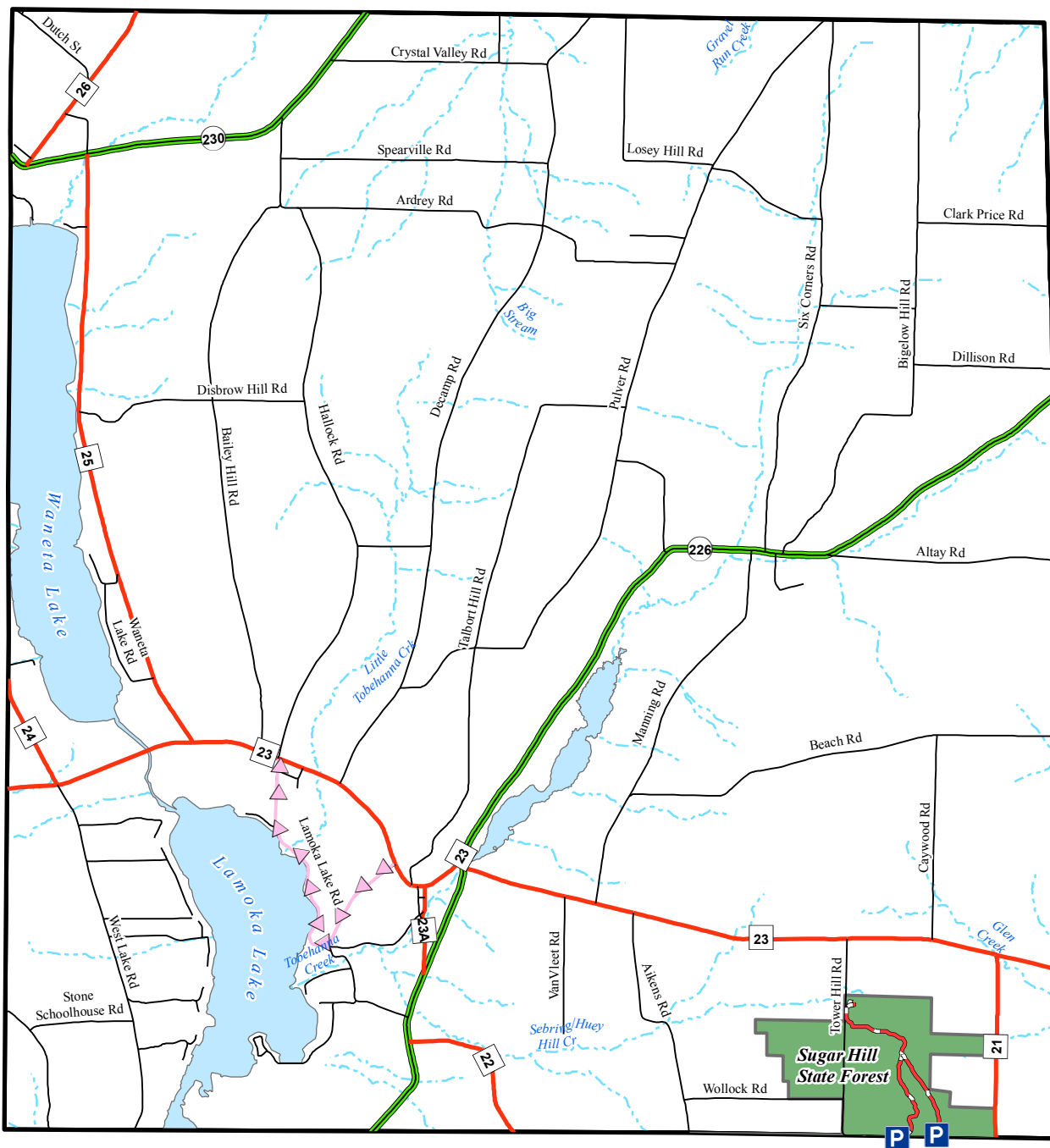


Town of Tyrone

Trails & Recreation Areas



Town of Tyrone



- Healthy Heart Community Mile
- DEC Trails
- Town Roads
- County Roads
- State Roads
- Trail Parking
- Municipal Parks
- State & Federal Recreation Areas
- Lakes
- Streams

