



Tick-Borne Disease Prevention

Adapted from the Massachusetts Dept. of Public Health, Bureau of Infectious Disease and Laboratory Sciences



Health Promotion

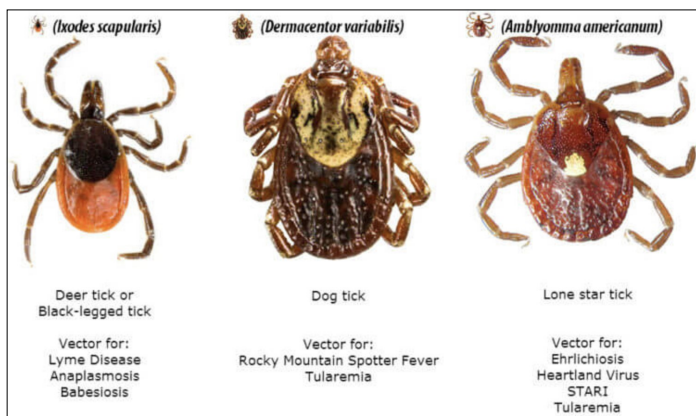
There's nothing better than enjoying the great outdoors, especially in New England! We have a beautiful and varied landscape to explore and appreciate. Of course, no activity comes without risk- and nothing ruins the bliss of a nice walk in the woods quite like finding a tick on yourself or a loved one. Tick bites can spread diseases that cause illness. For this reason, it's important to take steps to protect ourselves by preventing tick bites.



32 F

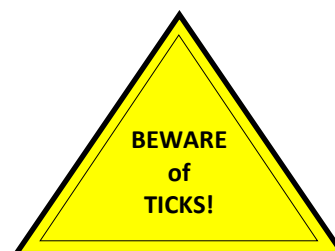
Tick Season

The highest risk of being bitten by ticks is usually in the spring, summer and fall. However, they can be active any time temperatures are above freezing.



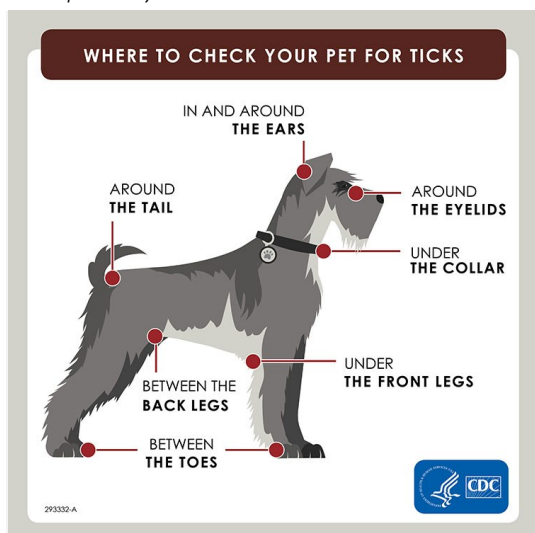
All About Ticks

Ticks are tiny bugs that feed on the blood of animals. They live in shady, damp places, like brush, dead leaves, woods, and tall grass. Both adult and "nymph" (young) ticks can bite and spread disease. In the Northeast we commonly see three types of ticks. **Deer ticks** (aka Black Legged Ticks) are responsible for spreading Lyme disease, babesiosis, anaplasmosis, *Borrelia miyamotoi*, and Powassan virus. Nymphs are the size of a poppy seed and adults are the size of a sesame seed. **Dog ticks** are responsible for spreading Rocky Mountain spotted fever and some kinds of tularemia; adult dog ticks are about the size of a watermelon seed. **Lone star ticks** are not considered a significant source of human illness in Massachusetts at this time but can spread tularemia, ehrlichiosis, and southern tick-associated rash illness (STARI).



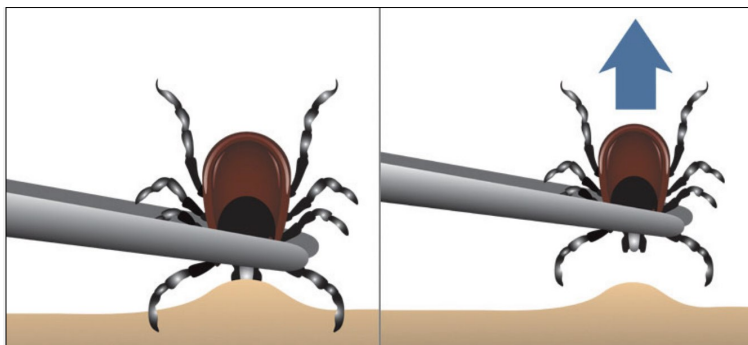
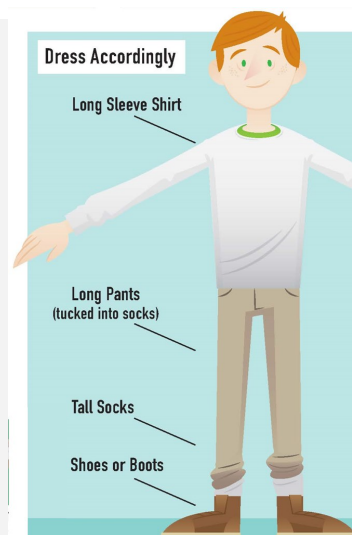


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Prevention Tips:

- Check yourself, kids and pets for ticks daily.
- Stay on main pathways and the center of trail when hiking
- Wear long sleeves, light colors, and pants tucked into socks
- Use insect repellents



So you found a tick...

Don't Panic! Use fine tip tweezers to grip the tick as close to the skin as possible and pull straight out.

About Repellents:

- Read and follow instructions carefully
- Use only in well-ventilated areas
- DEET can be used on skin. Don't use higher than 30-35% on adults and 10-15% on children
- Do NOT use on children under 2 months old
- To apply to face, spray on hands first and gently rub on, avoiding eyes and mouths
- Wash skin with soap and water to remove after use
- Don't use on cuts or irritated skin
- Permethrin can be used on clothes and gear ONLY. It kills or repels ticks and provides protection after multiple washes.

The role of your Local Board of Health

Positive lab results for tick-borne illnesses are reportable to the Massachusetts Department of Public Health (MDPH) per State law. MDPH then tasks your local board of health with case investigation and follow-up. One of Nashoba's public health nurses may reach out to you to see how you are doing, ensure you are getting appropriate treatment, and to help track the spread of communicable disease. We also educate the public about preventing tick-borne illness to help keep our communities as healthy as possible.

Want more info on Ticks? Visit our "Resources" page: <https://www.nashoba.org/resources>