



PLAINVILLE-SOUTHINGTON REGIONAL HEALTH DISTRICT

Main Office
196 NORTH MAIN STREET
SOUTHINGTON, CT 06489

Satellite Office
ONE CENTRAL SQUARE
PLAINVILLE, CT 06062

860-276-6275 • FAX 860-276-6277 • pshd.org
SHANE LOCKWOOD, M.P.H., R.S.
DIRECTOR OF HEALTH



FOR IMMEDIATE RELEASE: APRIL 25, 2018

CONTACT: SHANE LOCKWOOD, 860-276-6275

Preparing for Spring Cleanup

PSHD Cautions Residents to be on Guard for Ticks

Planning to head outside this weekend to clean the yard and garden beds? If so, the Plainville Southington Health District (PSHD) wants you to be on guard for ticks. Peak season for ticks is April – September. Use personal protection techniques consistently and enjoy being outside without the fear of tick-borne diseases.

“Dress appropriately when doing yard work,” said Shane Lockwood, PSHD Director of Health. “Wear long pants, light in color, tucked into socks; wear long shirt, tucked into pants; cover hair with hat. Remove and check clothing, and your body, for ticks after leaving any suspect tick habitat.”

Some basic tips on how to begin spring yard/gardening cleanup:

- **Dress appropriately** – wear long pants tucked into socks; wear long shirt tucked into pants and cover hair with a hat.
- **Use insect (and tick) repellent** - there are many varieties that further reduce tick exposure including botanical, herbal or natural-based repellents. Choose what is right for you. For more information on repellents visit the Connecticut

Agricultural Experiment Station

<http://www.ct.gov/caes/lib/caes/documents/publications/bulletins/b1010.pdf> (Tick Management Handbook).

- **Remove debris** - Start your clean up by removing fallen branches and sticks from the winter storms.
- **Rake leaves and twigs** – Yards and gardens need sunlight. Thoroughly rake the yard and garden beds.
- **Trim** - Trim bushes, hedges, trees and perennials that look overgrown. Remove dead limbs and branches.
- **Start planting** – After all the debris has been removed, start planting. Select plants and shrubs that are hearty for this time of year. Remember, it is not uncommon to get a frost in late spring.
- **Conduct tick checks** – when you come indoors, conduct a tick check. Remove any ticks promptly with tweezers. Do not use rubbing alcohol or soap and water to remove the tick.

For more information on tick prevention visit the Centers for Disease Control and Prevention website at www.cdc.gov.

###

The mission of the Plainville Southington Health District is to preserve, protect, promote, and improve the quality of life in a healthy environment through the prevention of disease, ongoing health education opportunities and the enhancement of the well-being of its residents.