



# PLAINVILLE-SOUTHINGTON REGIONAL HEALTH DISTRICT

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## **It's Tick Season**

*PSHD Reminds Residents to Conduct Daily Tick Checks*

It's tick season! The Plainville Southington Health District (PSHD) reminds residents to conduct daily tick checks. Peak season for ticks is from April to September. Most cases of Lyme disease are associated with the nymphal stage of the deer tick. Nymphs are small (about the size of a pinhead), difficult to spot, and are active during the late spring and summer months when you and your family spend more time outdoors.

Children are at particularly high risk for Lyme disease. The incidence of Lyme disease is higher in children under the age of 10 than in any other age group. Yard play and camping activities are high on the list of childhood options and should be encouraged and enjoyed. Use personal protection techniques consistently and enjoy being outside without the fear of tick-borne diseases.

“This is the time of year we start to see a lot of ticks,” said Shane Lockwood, PSHD Director of Health. “The weather is nicer and residents are spending more time outdoors. Be sure to conduct a tick check when you come inside. It's your best method of prevention against tick borne diseases.”

PSHD encourages residents to take these action steps to protect themselves, their families, and their pets from ticks:

- Know where ticks live and avoid these habitats.
- Conduct daily tick checks on family and pets.
- Remove ticks promptly with tweezers. Do not use rubbing alcohol or soap and water to remove the tick.
- Dress appropriately when entering areas where ticks live. Wear long pants, light in color, tucked into socks; wear long shirt, tucked into pants; cover hair with hat. Remove and check clothing for ticks after leaving any suspect tick habitat.
- Use insect (and tick) repellent to further reduce tick exposure. There are many varieties 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). Use veterinarian recommended control products on pets. Be sure to follow manufacturers' recommendations.

Ticks can be brought to the PSHD for testing, Monday through Friday, 8:30 a.m. – 4:30 p.m. Ticks are sent to the Connecticut Agricultural Experiment Station for testing and results will be mailed to you. Please bring all ticks to the health district in a plastic Ziploc bag.

For more information contact PSHD at 860-276-6275.

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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.