



Tick Season Notice

From the Medfield Lyme Disease Study Committee

Ticks are most active in our area during the fall and spring though they are present year round. Lyme disease and other tick-borne illnesses are transmitted to humans by tick bites. Our chance of becoming host to a tick increases significantly during the active periods (October – December & March – June).

Protect yourself, your family and pets through simple prevention methods:

- Perform **DAILY** tick checks after spending any time outdoors
- Use tick repellent & wear light-colored or tick repellent clothing
- Spray your outdoor shoes with Permethrin
- Stay on trails & out of tick habitats (tall grass, brush, leaf litter, wooded areas)
- Protect your pets with tick bite prevention products

Reduce the number of ticks around your home through protection measures:

- Make a 3' wide barrier of woodchips, mulch or gravel at your lawn edge
- Remove leaf litter & brush from around your home & keep grass cut short
- Keep wood piles & bird feeders off the ground & away from your home
- Treat the perimeter with tick-killing insecticides applied professionally

Know how to remove a tick:

- Use pointy tweezers placed as close to skin as possible to grab the tick's head & avoid squeezing the body
- Apply a slow, steady upwards pull (don't worry if the head remains in the skin)
- Disinfect the area with rubbing alcohol & save the tick in a dated plastic bag.

Know the symptoms of Lyme disease:

- Circular "bulls-eye" rash (not always present)
- Flu-like symptoms - headache, fatigue, muscle or joint pain, chills, fever

Seek medical advice when in doubt. More information can be found at [Mass.gov website](http://Mass.gov) and www.tickencounter.org