



North Central District Health Department

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Be Aware of Ticks

NCDHD Encourages Residents to do Daily Tick Checks

What does it mean when the snow starts to melt and the ground starts to thaw? It means spring is upon us and with spring, comes ticks. The North Central District Health Department (NCDHD) encourages parents to be on the alert for ticks – peak season is from April to September. Children are particularly high risk! The incidence of Lyme disease is higher in children under the age of 10 than in any other age group. 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.

“By using recommended personal protection techniques consistently, you can be assured that you and your children can enjoy the outdoors without fear of Lyme disease or other tick-borne illnesses,” said Patrice Sulik, NCDHD Director of Health.

NCDHD Board member, Matt Maynard from Windham, states, “Conducting daily tick checks should become a part of your daily routine. By being vigilant, we can decrease the incidence of Lyme disease in our community.”

Residents are reminded to protect themselves this tick season by taking simple action steps:

- 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 your 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.

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About NCDHD

The North Central District Health Department (NCDHD) serves the communities of Enfield, East Windsor, Ellington, Stafford, Suffield, Vernon, Windham, and Windsor Locks. NCDHD is a full-time public health department with a full-time staff funded by its member towns and an annual per capita grant from the Connecticut State Department of Public Health. NCDHD provides professional public health services in the areas of health education and disease prevention, environmental health and emergency preparedness. The mission of NCDHD is to prevent disease,

injury, and disability by promoting and protecting the health and well-being of the public and our environment.

For more information about NCDHD visit www.ncdhd.org.