

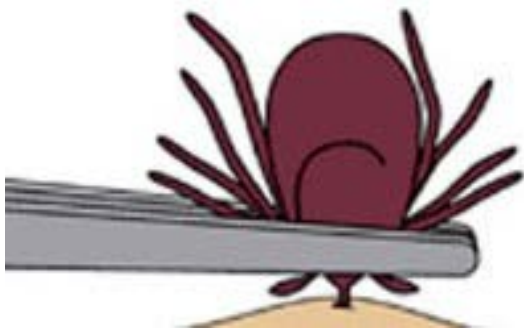
Prevention

Repel Ticks with DEET or Permethrin

- Use repellents that contain 20% or more DEET.
- Use products that contain permethrin on clothing.
- Bath or shower after coming indoors.
- Conduct a tick check using a full length mirror.
- Check hard to see places such as armpits, groin, legs, around the ears, inside the belly button, behind the knees, and especially along your hairline.

How to Remove a tick from your Body:

- Use fine tipped tweezers to grasp tick as close to skin surface.



- Pull upward with steady even pressure. Do not twist or jerk.
- Clean area with rubbing alcohol or soap and water.

What to do if you develop symptoms of Lyme disease 1-3 weeks after bite:

- Call your physician and note the date and location of tick bite.

Central MA Regional Public Health Alliance

*Building a Better Regional,
Comprehensive Services Model to
Improve Public Health*



What is the Central MA Regional Public Health Alliance (CMRPHA)?

The Central MA Regional Public Health Alliance is a coalition of seven municipalities (**Towns of Grafton, Holden, Leicester, Millbury, Shrewsbury, and West Boylston and the City of Worcester**) working cooperatively to create and sustain a viable, cost-effective and labor-efficient regional public health district. The regional health district provides a comprehensive array of services to partner municipalities through a single organization managed by Worcester's Division of Public Health. The inspiration to develop a regional alliance arose from the considerable disparity in size, available resources, and kinds and types of resources offered by each municipality.



Central Massachusetts Regional Public Health Alliance

GRAFTON • HOLDEN • LEICESTER • MILLBURY •
SHREWSBURY • WEST BOYLSTON • WORCESTER



Mosquito and Tick Safety!

School vacation is upon us! Heat and weather can make summer a fun –but potentially dangerous–time.

The Central Massachusetts Regional Public Health Alliance is urging parents and caretakers to remember the following summer safety tips as the kids head out to the pool, camp or even the backyard.

Updated: May 2014

West Nile

- ♥ Is transmitted to humans by an infected mosquitoes.
- ♥ Most people, 70-80%, who become infected remain symptom free.

Symptoms

- ♥ Fever, confusion, stiff neck
- ♥ Headache, body ache, joint pain
- ♥ Vomiting, diarrhea, rash

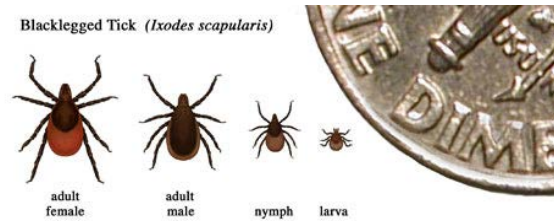
Prevention

Avoid Mosquito bites

- ♥ Prime mosquito-biting hours are usually dusk to dawn. Empty any standing water on your property to eliminate breeding grounds.
- ♥ Secure all window and door screens and patch any holes.
- ♥ Use insect repellent containing DEET, picaridin, IR3535, or some oil of lemon eucalyptus, as directed on bottle.
- ♥ You can also treat clothing with a repellent permethrin, which lasts through several washings, or purchase pre-treated clothing.
- ♥ Wear long sleeves and pants when possible.

Lyme Disease

- ♥ Is transmitted to humans through the bite of an infected tick.
- ♥ The tick must be attached for 36-48 hours or more to transmit disease.



Symptoms

- ♥ Fever, Fatigue
- ♥ Headache, Chills
- ♥ Muscle and joint aches
- ♥ Red, expanding skin rash



Prevention

Avoid Direct Contact with Ticks

- ♥ Avoid wooded and bush areas with high grass.
- ♥ Walk in the center of trails.

Eastern Equine Encephalitis

(EEE)

- ♥ Like West Nile, EEE is transmitted to humans from the bite of an infected mosquito.

Symptoms

- ♥ High fever
- ♥ Stiff neck
- ♥ Headache
- ♥ Lack of energy
- ♥ Severe cases can cause encephalitis, swelling of the brain
- ♥ Symptoms can last 1-2 weeks
- ♥ If you or a family member are experiencing symptoms contact your local physician

Prevention

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