



# Town of Sudbury

Board of Health

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## **How to Guard Against Tick Bites**

**As the weather has improved, many people are spending more time outdoors (while still incorporating six-foot social distancing). We at the Health Department would like you to know that tick bites become a risk at this time of year – from now through August, with a second wave occurring in October and November. Massachusetts has one of the highest rates of tickborne illness in the country. Although not every tick is carrying a disease, it is important to take steps to minimize the risk of being bitten by a tick. Tick-borne diseases can cause significant health impairments, including joint aches, severe fatigue, and even reduced cognitive functioning. To combat this risk, the Health Department strongly recommends:**

- using insect repellants containing DEET,**
- wearing light-colored and long-sleeved clothing to more easily spot ticks,**
- doing tick checks after being outside, and**
- properly removing any attached ticks.**

**Extensive additional information, including how to properly remove a tick, can be found on the Massachusetts Department of Health's website at <https://www.mass.gov/service-details/tick-borne-disease-information-for-the-public>.**



