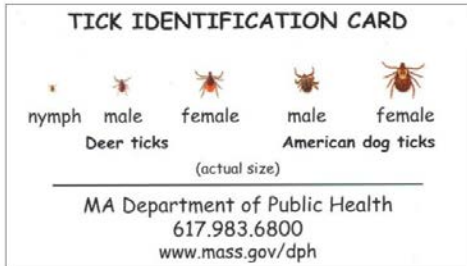


Sudbury Health Department Reports Increase in Tick Disease Prevention is the Key!

Over the past two weeks Sudbury Health Department has seen an increase in tick-borne illness including Anaplasmosis, Lyme and Babesiosis. The majority of cases of tick-borne disease occur in June through August. Although not every tick is carrying a disease, it is important to take steps to avoid all tick bites. The Sudbury health Department wants to remind all Sudbury residents of some important precautions to help guard against tick-borne disease.

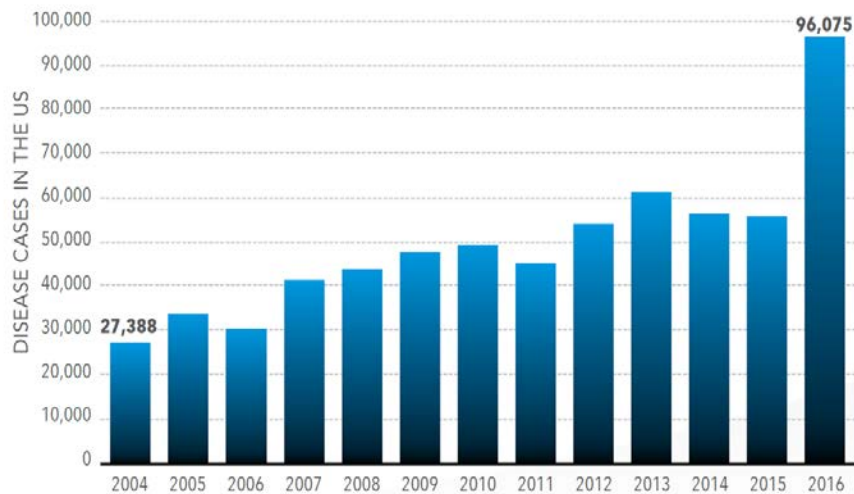


- Be aware of wooded areas with high grasses or leaf piling (where ticks hide)
- Walk in the center of trails
- Wear tick repellent containing DEET of at least 30% or clothes treated with permethrin
- When returning home after having been outdoors, bathe or shower as soon as possible to wash off or find ticks crawling on you
- Do a tick check after spending time outdoors (don't forget your pets)
- Call your Health Care Provider immediately after a tick bite to discuss exposure and treatment.
- Test your Tick at [UMASS](http://umass.edu)



Actual size of a deer tick

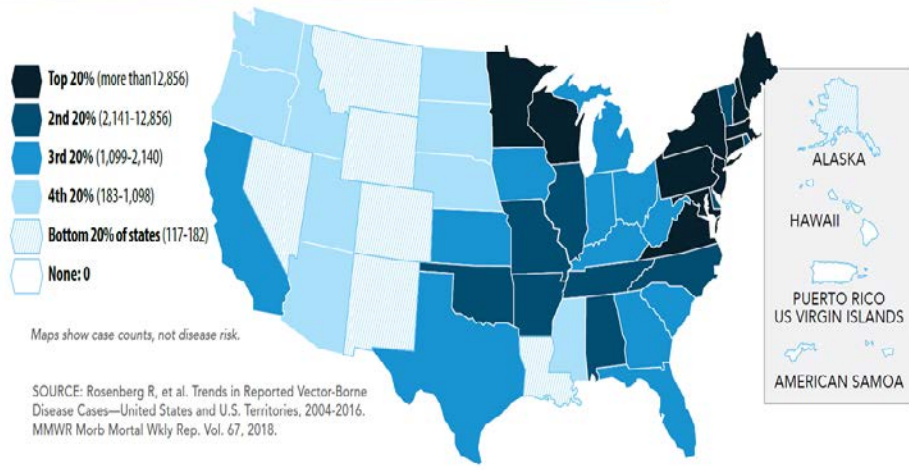
Disease cases from infected mosquitoes, ticks, and fleas have tripled in 13 years.



Source: CDC Vital Signs, May, 2018



DISEASE CASES FROM TICKS (2004-2016, REPORTED)



Know the signs of Tick-Borne Illness including:

- Fever/chills
- Aches and pains
- Rash
- Headache
- Fatigue
- Joint pain

Please contact the Sudbury Health Department with any questions (978)-440-5479. For more information about specific tick-borne illness and prevention steps go to:

<https://www.mass.gov/tick-borne-diseases>
<https://www.cdc.gov/ticks/diseases/index.html>

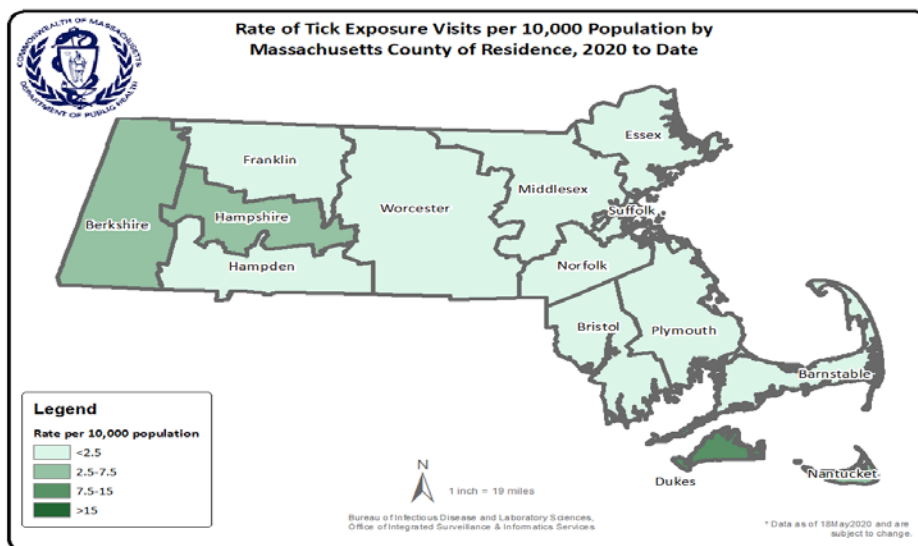


Figure 2: This map shows the rate, per 10,000 total population, of ED visits by patients who had a visit related to a tick exposure, by Massachusetts county of residence, 2020 to date. Although there are differences in the rate of patient visits, this shows that people are exposed to ticks throughout all of Massachusetts and should take recommended steps to reduce the chance of being bitten.