

The Boxborough Board of Health would like to remind you that your outdoor activity may expose you to a number of insects which can transmit disease. Prevention is your best defense and listed below are steps you can take to minimize your exposure to these insects from the Massachusetts Department of Public Health and Centers for Disease Control.

The easiest and best way to avoid tick-borne diseases is to prevent tick bites.

- Use a repellent with **DEET** or **permethrin** according to the instructions given on the product label. DEET products should not be used on infants under two months of age and should be used in concentrations of 30% or less on older children. Permethrin products are intended for use on items such as clothing, shoes, bed nets and camping gear, and should not be applied to skin.
- Check yourself, your children and your pets for ticks after coming inside. Pay particular attention to areas between the toes, back of the knees, groin, armpits, neck, along the hairline, and behind the ears.
- If you find a tick attached to your skin, don't panic. Use a pair of fine point tweezers to grip the tick as close to the skin as possible and pull straight out with steady pressure.
- Talk to your doctor if you develop a rash where you were bitten or experience symptoms such as fever, headache, fatigue, or sore and aching muscles after a tick bite.

The easiest and best way to avoid mosquito-borne diseases is to prevent mosquito bites.

- **Use repellent:** When outdoors, use insect repellent containing DEET, picaridin, IR3535 or oil of lemon eucalyptus on exposed skin and/or clothing. The repellent/insecticide permethrin can be used on clothing to protect through several washes. Always follow the directions on the package.
- **Wear protective clothing:** Many mosquitoes are most active at dusk and dawn. Be sure to use insect repellent and wear long sleeves and pants at these times or consider staying indoors during these hours.
- **Install and repair screens:** Have secure, intact screens on windows and doors to keep mosquitoes out.
- **Keep mosquitoes from laying eggs near you:** Mosquitoes can lay eggs even in small amounts of standing water. Get rid of mosquito breeding sites by emptying standing water from flower pots, buckets, barrels, and tires. Change the water in pet dishes and replace the water in bird baths weekly. Drill holes in tire swings so water drains out. Empty children's wading pools and store on their side after use.

Additional information on tick and mosquito borne disease can be found at the following websites www.cdc.gov/ticks and www.mass.gov/dph/wmv or by contacting us at the Boxborough Board of Health office 978 263 1116 x115 or www.town.boxborough.ma.us