



FOR IMMEDIATE RELEASE: FEBRUARY 28, 2011

CONTACT: SUE JACOZZI, 203-452-5195

Keeping Your Family Safe from Lyme Disease

Sponsored by the Edith Wheeler Memorial Library and the Trumbull Monroe Health District

Tick season is near! That is why the Edith Wheeler Memorial Library, the Trumbull Monroe Health District, and BLAST Lyme Disease Prevention Program have partnered to sponsor a program called “Keeping Your Family Safe from Lyme Disease.” Come learn the most effective ways to avoid tick-borne diseases, strategies for staying safe, and tips for identifying early symptoms. Jennifer Reid, Community Coordinator for the Ridgefield Health Department’s BLAST Lyme Disease Prevention Program, will be the guest speaker. This program will take place on Monday, March 21, 2011, at the Edith Wheeler Memorial Library (Ehlers Meeting Room), 733 Monroe Turnpike, Monroe, at 6:30 p.m. Light refreshments will be served. Participants will be entered into a raffle for a BLAST “safe gardening” gift basket.

Ms. Reid has been the program coordinator since April 2008. In this capacity, she travels throughout Connecticut educating citizens about tick-borne disease prevention and early symptom identification. Ms. Reid and the BLAST team of volunteers are committed to reducing the incidence of tickborne disease in our state.

Peak season for tick activity is from April to September and TMHD encourages parents to be on the alert for ticks. Children are at 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.

Yard play and camping activities are high on the list of childhood options and should be encouraged and enjoyed. By using recommended personal protection techniques consistently, you can assure that you and your children can enjoy the wonders of nature without fear of Lyme disease or other tick-borne illnesses.

TMHD encourages residents 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 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 repellent to further reduce tick exposure. Use veterinarian recommended control products on pets. Be sure to follow manufacturers' recommendations.

Engorged ticks can be brought to the TMHD in a plastic bag for testing. Ticks are sent to the Connecticut Agricultural Experiment Station. The cost is \$3.00.

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The mission of the Trumbull Monroe Health District is to protect the health of residents, and to prevent disease. For more information on the Trumbull Monroe Health District call 452-5195, Monday through Friday from 8:30 a.m. – 4:30 p.m. or visit us on the web at www.tmhd.org.