



**Public Health**  
Prevent. Promote. Protect.  
**East Longmeadow**  
Health Department

# Let's Talk About Ticks In East Longmeadow

Aimee Petrosky  
East Longmeadow Health Director



*A Mama's Corner of the World*



# Arbovirus

An Arbovirus is any disease transmitted by a mosquito or tick. Examples include:

- West Nile Virus
- Eastern Equine Encephalitis
- Lyme
- Babesiosis.



WNV and EEE first appear in July through the first time temperatures drop below 24 for several hours.

# Common Types of Ticks



**Public Health**  
Prevent. Promote. Protect.  
**East Longmeadow**  
Health Department



*Female*



*Nymph*

**Deer ticks** : Lyme disease,  
babesiosis, anaplasmosis



*Female*



*Male*



*Nymph*

**Lone Star ticks** : Ehrlichiosis



*Female*



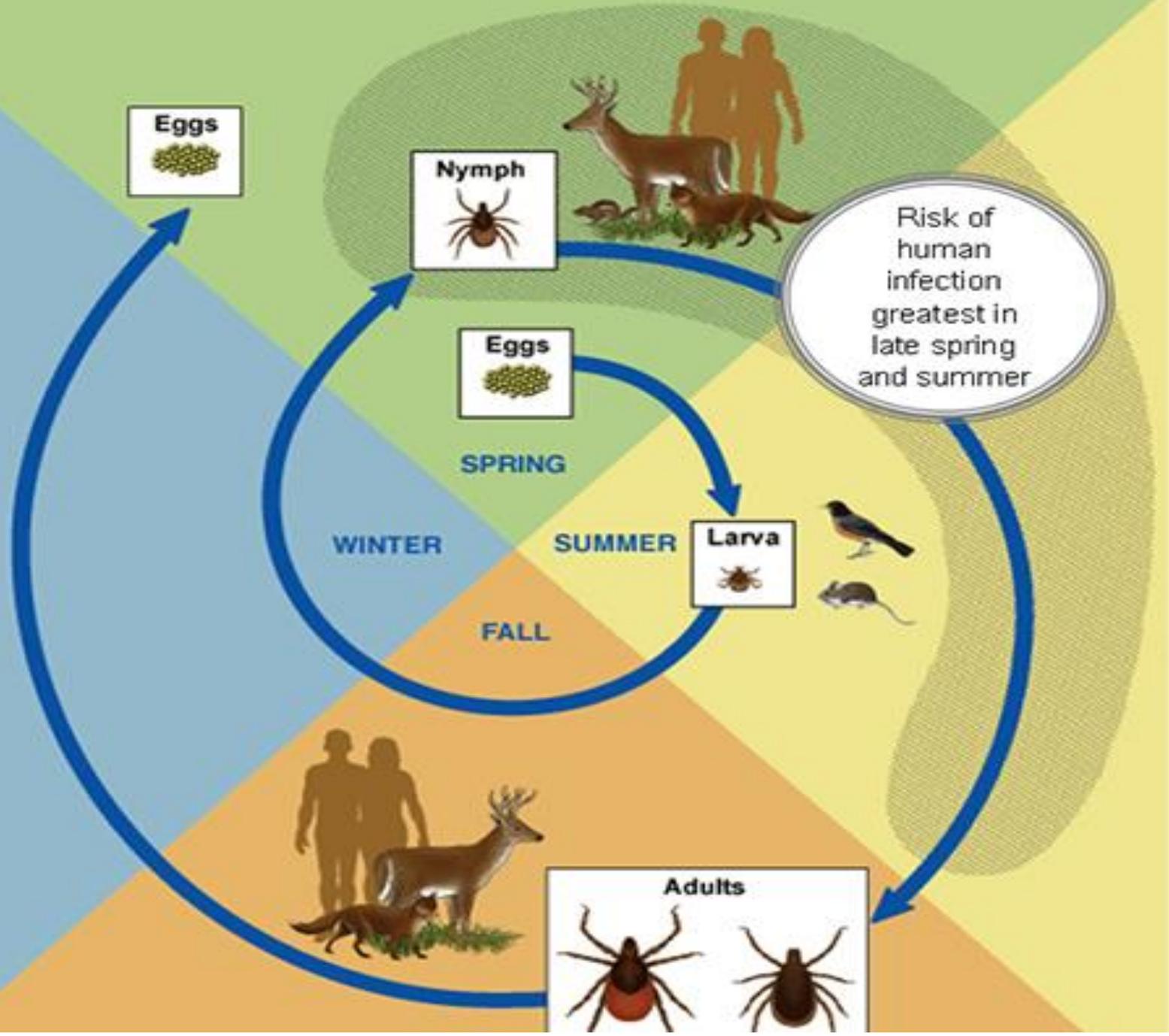
*Male*

**Dog ticks** : Rocky Mt.  
spotted fever

**Fig. 1** Most common human- and pet-biting ticks encountered & disease association



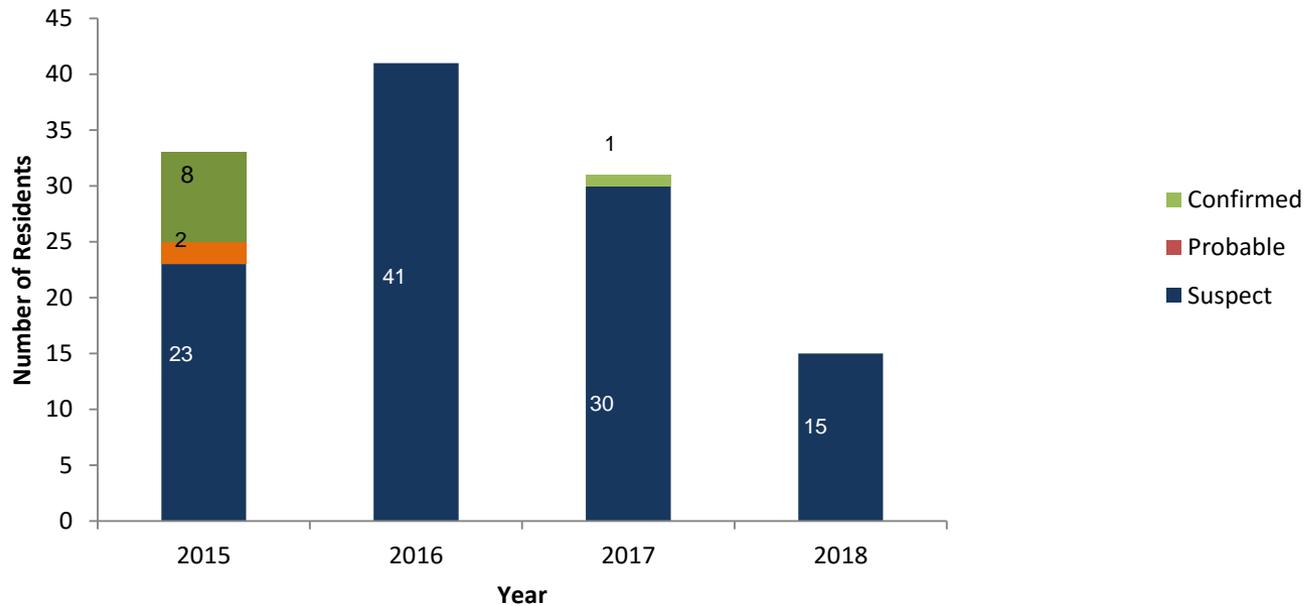
Risk of human infection greatest in late spring and summer





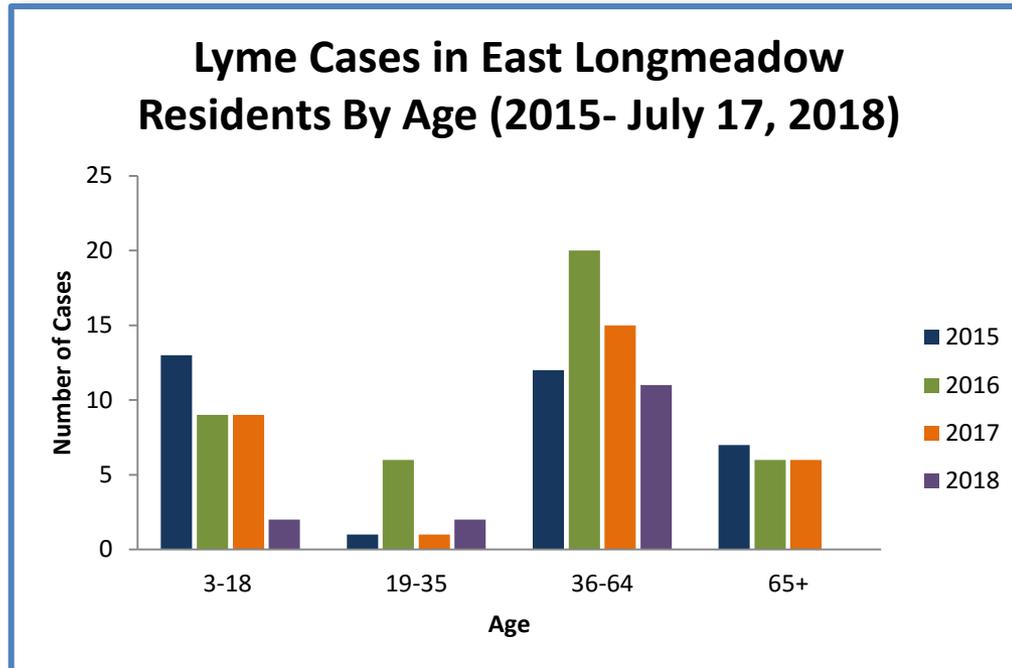
# Ticks in East Longmeadow

**Lyme Cases in East Longmeadow (2015- July 17,2018)**





# Ticks in East Longmeadow



- **Lyme Cases:** Any case that is reported suspect, probably or confirmed.
- 2015-2017 40% of cases have been in those aged 50-65 with 20% of cases have been in those aged 60-65
- 2015-2017, 30% of cases have been in those less than 18 years old.

# Ways to Protect You and Your Family From Ticks



**Public Health**  
Prevent. Promote. Protect.  
**East Longmeadow**  
Health Department

- Wear light colored clothing that covers arms and legs while outdoors
- When used as directed, EPA approved insect repellent are the BEST way to protect yourself and family members from getting sick from mosquito bites or ticks
- Learn how to properly remove ticks. The sooner a tick is removed the better



# Ways to Protect You and Your Family From Ticks

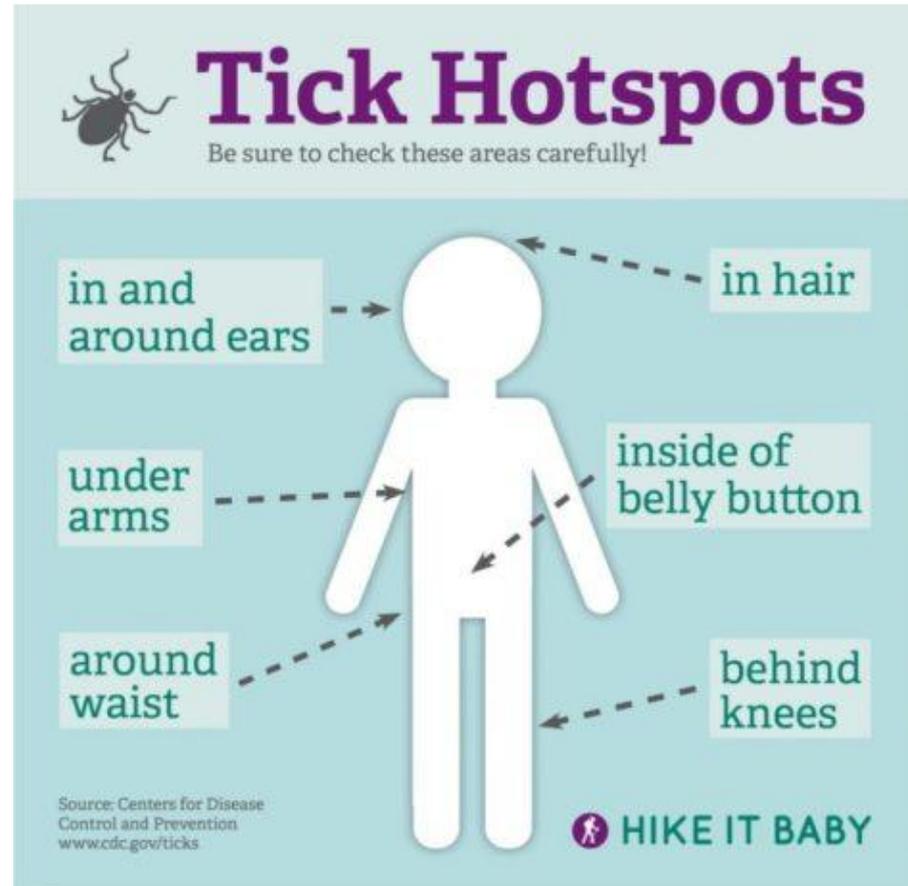
- Avoid tall grass, shrubs, and walk in the middle of paths
- Remove potential tick habitats around the home including leaf litter and keep grass short
- Remove any old furniture, mattresses, or trash from the yard that may give ticks a place to hide
- Don't forget your pets! They can bring ticks into your home and are prone to Lyme's Disease just like you and me

# Tick Checks



**Public Health**  
Prevent. Promote. Protect.  
**East Longmeadow**  
Health Department

- Check yourself and your clothes when you come indoors
- Wash clothes in hot water and/or tumble dry on hot for at least 10 min
- Shower within 2 hours of coming indoors
- Do a full body check paying close attention to under arms, in and around ears, hairline, belly button, and between legs
- It takes 5-6 hours for a tick to become firmly attached





# DEET

- DEET is designed for direct application to people's skin to repel insects. Rather than kill them, DEET works by making hard for these biting bugs to smell us.
- According to the CDC DEET efficacy tends to plateau at a concentration of approximately 50%





# Permethrin

- Permethrin-treated clothing repels and kills ticks, chiggers, mosquitoes, and other biting and nuisance arthropods
- Permethrin is for use on clothing only





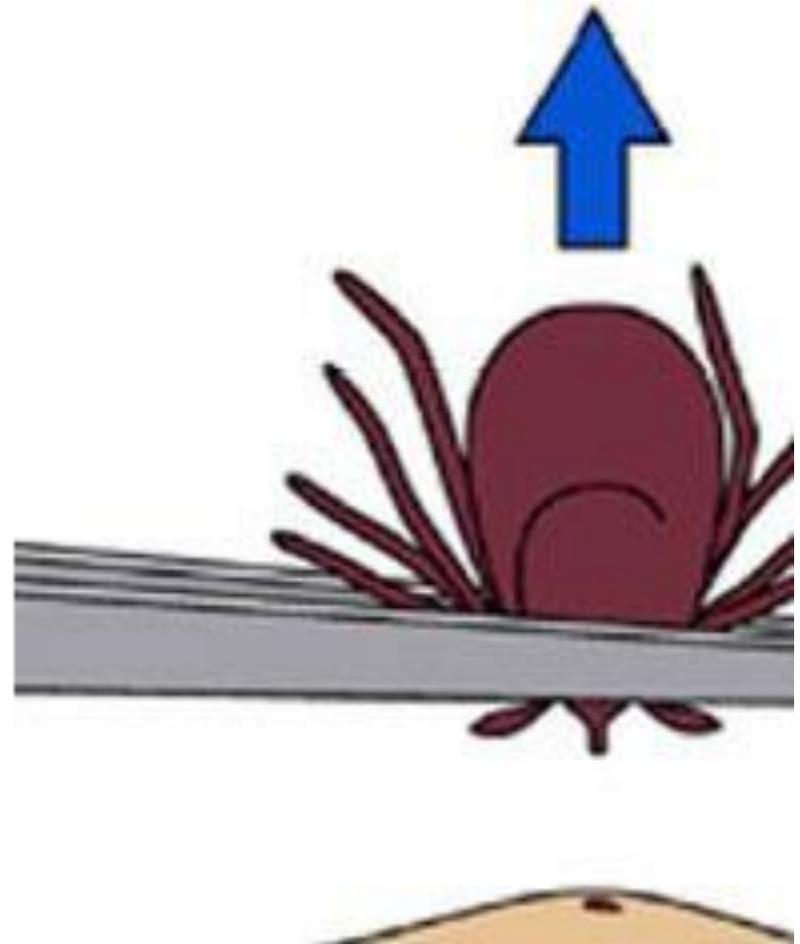
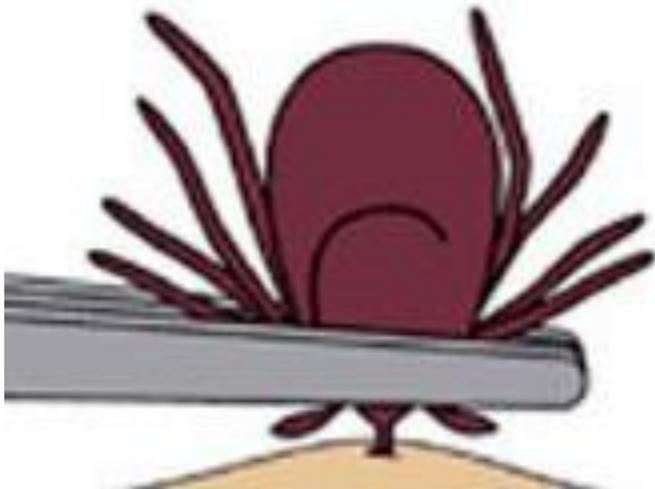
# How to remove a tick

1. Use fine-tipped tweezers to grasp the tick as close to the skin's surface as possible
2. Pull upward with steady, even pressure. Don't twist or jerk the tick; this can cause the mouth-parts to break off and remain in the skin. If this happens, remove the mouth-parts with tweezers. If you are unable to remove the mouth easily with clean tweezers, leave it alone and let the skin heal

# How to remove a tick



**Public Health**  
Prevent. Promote. Protect.  
East Longmeadow  
Health Department





# How to remove a tick

3. After removing the tick, thoroughly clean the bite area and your hands with rubbing alcohol, an iodine scrub, or soap and water
  
4. Save the tick for identification of the type of tick as different ticks carry different diseases. Put the tick in a sealed container to preserve it and get it tested by your doctor or you can send your tick to College...
  - If you have to dispose of a live tick, do so by submersing it in alcohol, placing it in a sealed bag/container, wrapping it tightly in tape, or flushing it down the toilet
  - Never crush a tick with your fingers



**Public Health**  
Prevent. Promote. Protect.  
**East Longmeadow**  
Health Department

# Send your tick to College

- East Longmeadow Health Department sponsored tick testing program at Umass Amherst.
- Only \$5, a \$45 discount!
- Results in less than 3 days.
- Results can help you and your physician asses your risk of exposure to Lyme and other diseases

# 4 Simple Steps To Test Your Tick



**Public Health**  
Prevent. Promote. Protect.  
**East Longmeadow**  
Health Department

1. Place tick (dead or alive) in a sealable plastic bag
2. Order your tick report at [www.tickreport.com](http://www.tickreport.com)
3. Write your order number on your bag containing the tick
4. Send the tick to:

TickReport Laboratory of Medicine  
Zoology 101 Fernald Hall, Umass  
270 Stockbridge Road, Amherst Ma, 01003



# Next Steps

- Always call your Dr. for medical advice on next steps
- The test results will help you and your provider make a treatment plan for you and your family



# Mosquito Environmental Precautions



**Public Health**  
Prevent. Promote. Protect.  
**East Longmeadow**  
Health Department

Mosquitos are small and can breed in many areas around your home.

- Remove all standing water such as bird baths, pails, tarps, containers and tires
- Clean and properly chlorinate swimming pools
- Patch any tears in screens
- Keep gutters clean by removing leaves and debris that can prevent rain water drainage



# West Nile Virus (WNV)



**Public Health**  
Prevent. Promote. Protect.  
**East Longmeadow**  
Health Department

- Mosquitos that carry WNV breed in standing water such as gutters or bird baths
- 80% of people infected with WNV show no symptoms, while the other 20% may present with flu like symptoms such as body aches, fever, nausea/vomiting and swollen glands
- Less than 1% will progress to serious illness within 2-14 days of bite

# Questions? Comments?



**Public Health**  
Prevent. Promote. Protect.  
**East Longmeadow**  
Health Department



# Contact the East Longmeadow Health Department



**Public Health**  
Prevent. Promote. Protect.  
**East Longmeadow**  
Health Department

- Still have questions? Contact the Health Department!
- 413-525-5400 x 1103
- [Aimee.petrosky@eastlongmeadowma.gov](mailto:Aimee.petrosky@eastlongmeadowma.gov)
- Like us on Facebook by searching “East Longmeadow Health Department” for frequent updates and info