

Watch out for mosquitos and ticks!

Both carry diseases that at their worst can result in death or persistent medical problems. The best protection against them is avoidance. For more information on mosquitos, their diseases, and protection against them see:

<https://www.mass.gov/info-details/mosquito-borne-disease-prevention>

For ticks see:

<https://www.mass.gov/tick-borne-diseases>

What you can do to protect yourself and family from mosquitos:

1. Stay inside during peak mosquito hours, between dusk and dawn.
2. If you venture outside, wear a good insect repellent.
3. If possible, wear long sleeved shirts and pants, especially during peak mosquito hours.
4. Empty birdbaths, pails, pots, barrels, and other items that collect standing water regularly.
5. Make sure screens are in good repair.

What you can do to protect yourself and family from ticks:

1. Stay on paths and away from brush, high grass, and fallen leaves.
2. Check yourself and pets daily for ticks or when you come in from the outside.
3. Try to wear light colored clothing outdoors. Pants and long sleeved shirts are best.
4. Insect repellents with at least 25% DEET applied to your skin will help and products with permethrin sprayed on shoes and clothes (tuck your pants into your socks) will help kill them if they get on you.

What do I do if I find one? Using narrow pointed tweezers, grip it at the skin and pull straight up. You can look to see what kind of tick it is. The small deer ticks are most likely to carry diseases, but dog ticks can carry some diseases too. To identify the tick go to the following webpage:

<https://web.uri.edu/tickencounter/fieldguide/ticks-by-species/>

Charlemont is a member of a tick testing program run by a UMass professor. We subsidize tick tests. The test costs \$50, but the Board of Health pays \$15, you pay \$15, and the laboratory picks up the remaining \$20. To submit a tick, go to <https://www.tickreport.com/>, fill out an order, place the tick in a plastic zip lock bag (the tick can be dead or alive), and follow the directions for sending it off. Once the lab receives it, you should hear in 1-3 days.

If you develop a rash or fever, or if the tick comes back positive for one of the diseases, contact your physician.