

The Millville Board of Health would like to remind all residents that tick season is upon us. The best protection against Lyme disease and other diseases spread by ticks is prevention.

Ticks are tiny bugs most likely found in brushy, wooded, or high grassy areas. They may even be in your own backyard. Ticks can bite you and spread diseases like Lyme disease. Prevention begins with you! Remember, when you are outside in an area likely to have ticks:

- Wear a light-colored, long sleeved shirt with long pants and tuck your pants into your socks.
- Repellents that contain DEET can be used on your exposed skin. Permethrin is a product that can be used on your clothes. Always follow the product instructions and use repellents with no more than 30-35% DEET on adults, and 10-15% DEET on children. **Never** use insect repellents on infants.
- **Check yourself, your children, and your pets** for ticks after coming inside.
- 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.

For more information about Lyme disease go to www.aldf.com; www.mass.gov/dph; www.cdc.gov