



KILLINGWORTH HEALTH DEPARTMENT

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PRESS RELEASE

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Tick Season is Here – Take Steps to Protect Yourself and Family Members

The Killingworth Health Department urges residents to take precautions against tick borne diseases this season. Connecticut has reported new emerging species of ticks within the State, and disease transmitted by ticks continue to be a growing threat in every U.S. State and territory. Peak tick season is from April through September. Personal protection including tick checks are effective ways to reduce the risk of disease. According to a report by the Connecticut Agricultural Experiment Station, early removal of a tick on an individual reduces the chance of contracting Lyme disease and if a tick is removed within the first 24 hours, there is a low chance of Lyme disease transmission.

The Killingworth Health Department encourages you to take the following action steps to protect you and your family this season:

- Avoid wooded and brushy areas with high grass and leaf litter.
- If you are walking in grassy or wooded areas, tuck your pant leg into your socks, wear long-sleeved shirts, and closed shoes so your skin is not exposed.
- Walk in the center of trails.
- Wear light colored clothing to make it easier to see ticks for removal.
- Consider using an Environmental Protection Agency (EPA) Registered insect repellent such as those containing DEET, picaridin or oil of lemon eucalyptus (OLE). Always follow product instructions when using these products, and do not use products containing OLE on children under 3 years old.

When coming indoors:

- Check your clothing for ticks. Any ticks found should be removed. Tumble dry clothes in a dryer on high heat for 10 minutes to kill ticks on dry clothing after coming indoors. Hot water is recommended if washing clothes first.
- Shower soon after being outdoors (showering within two hours of coming indoors has been shown to reduce your risk of getting Lyme disease and possibly other tick-borne diseases).
- Check your body for ticks after being outdoors with focus on under the arms, in and around the ears, inside the belly button, back of the knees, in and around the hair, between the legs and around the waist.

Ticks can be brought to the Killingworth Health Department for testing. We send the ticks to the Connecticut Agricultural Experiment Station for testing, and we email or mail you the results when we receive them (usually about 2 weeks). Please call us at 860-663-1765 x223.

For more information about ticks and tick-borne diseases visit:

CAES: <https://portal.ct.gov/CAES/Tick-Office/Tick-Office/Tick-Related-Information>

CDC: <https://www.cdc.gov/ticks/index.html>