

Avoid Tick Bites!

Tick borne diseases such as Lyme Disease and Babesiosis are prevalent in Coventry and the State of Connecticut. In 2012 there were 23 confirmed and suspected cases of tick borne disease in the Town of Coventry. Tick borne diseases left untreated can be debilitating and severe. This is why the Eastern Highlands Health Districts wishes to remind all residents the importance of protecting yourself from tick bites. When you go outside into areas where ticks can be found, it is helpful to:

- Avoid tall grass and over-grown, brushy areas.
- Stay in the middle of the trails when hiking in the woods.
- Wear light-colored clothing so the ticks can be easily seen.
- Wear long pants to provide a better barrier than shorts.
- Tuck pants into socks creates a barrier and ticks will not be able to get to your skin.
- Wear long-sleeved shirts and closed shoes when in tick infested areas.
- Use insect repellent to significantly reduce the chance of tick bites and the transmission of Lyme disease and other tick-borne diseases.
- DEET is the primary active ingredient in most tick repellents and is considered the most effective. It must be used as directed on the container.
- Examine yourself, your children, and pets for ticks when returning indoors.
- Remove feeding ticks as soon as possible. Ticks need to feed for 24 hours before transmission occurs.
- When returning indoors, shower using a wash cloth or buff to remove walking ticks on your body. Ticks have a tendency to walk on the body before biting and feeding.



From left to right: The deer tick adult female, adult male, nymph, and larva on a centimeter scale.

If you find a tick that has bitten you, it can be submitted to the Eastern Highlands Health District for testing free of charge. Please refer to our website at www.ehhd.org for tick submittal forms or more information, or call us at 860-429-3325 with any questions.