



## LYME DISEASE & TICKS

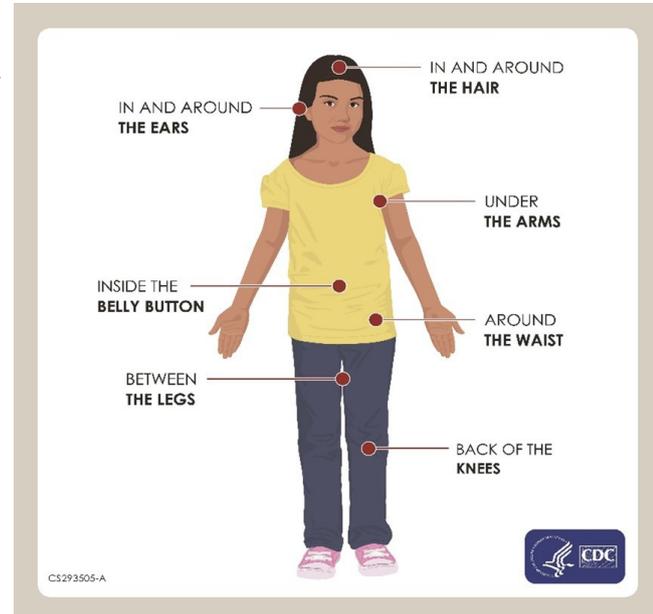
Spring 2022

Ticks can spread disease including Lyme disease. Lyme disease is transmitted to humans through the bite of a tick infected with the bacterium *Borrelia burgdorferi*. Fever, headache, fatigue, and a skin rash at the location of the bite are the most common symptoms of Lyme disease. If left untreated, infection can spread to joints, the heart, and the nervous system. If caught early enough, most cases of Lyme disease can be treated with a few weeks of antibiotics.

### PROTECT YOURSELF FROM LYME DISEASE

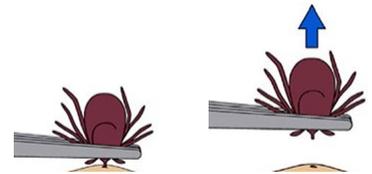
The best way to prevent Lyme Disease is to prevent tick bites. Ticks live in grassy wooded areas. Around the home remove brush and leaf litter and mow lawn frequently. Avoid tall grass and over-grown, brushy areas.

- Use an insect repellent according to manufacturer's instructions.
- When in wooded areas tuck pant leg into socks, wear long-sleeved shirts, and closed shoes.
- Wear light-colored clothing to see the ticks easier for removal.
- When returning indoors, shower using a washcloth to remove any unattached ticks.
- Examine yourself, children, and pets for ticks when returning indoors.



### THE BEST WAY TO REMOVE A TICK FOUND ATTACHED TO THE BODY

- Grasp it close to the mouth parts near the skin surface.
- With gentle, steady pressure, pull the tick upward away from the skin until it releases.
- Once the tick is removed, wash the area of the bite with an antiseptic or rubbing alcohol.



The Connecticut Agricultural Experiment Station provides the testing of ticks at no cost. Please note the tick must be engorged. Please note that the Tick Testing Program is intended for the identification and/or testing of ticks which have fed on humans. Ticks removed from pets will be identified, but not tested.

- Information on submitting ticks can be found on their website: <https://portal.ct.gov/CAES/Tick-Office/Tick-Office/Tick-Related-Information>
- For more information on ticks, follow this link for additional information from the CDC: <https://www.cdc.gov/lyme/prev/index.html>



# NEED A COVID-19 VACCINE?

Our Public Health Nurses at QVHD continue to offer both Moderna & J&J vaccines to those 18 and older. A second booster dose was recently approved for certain populations. Scan the QR Code with your smart phone's camera to learn if you're eligible.



**Our next clinic is scheduled for Saturday, April 9th from 9AM-1PM, register by visiting: [bit.ly/QVHD409](https://bit.ly/QVHD409)**



## MEDICATION MATTERS



Medication Take Back Day is a bi-annual, national event where residents are encouraged to clean out their medicine cabinets and properly dispose of all unneeded or expired medications. Pop up locations are organized throughout the country in April & October to bring disposal sites directly to neighborhoods for safe, easy, confidential disposal.

**Why should you consider participating this year?** Counterfeit pills are a growing issue, challenging our own community as more pills are illegally produced and contaminated with illicitly manufactured fentanyl, a powerful opioid. These pills are designed to mimic prescription medications you receive from a pharmacy, conveying a false sense of safety to consumers. People often become dependent on pills they initially obtained from their own medicine cabinet, eventually turning to the streets to maintain their addiction. Each pill purchased on the street is different from the next due to imprecise dosing. It takes a small amount of fentanyl to be a deadly dose when consumed, especially when taken by someone with no existing tolerance to opioids.

Medication Take Back Day is scheduled for **Saturday, April 30th from 10AM-2PM**. Quinnipiack Valley Health District, New Haven Health Department and community partners including the CT Pharmacy Association, Cornell Scott-Hill Health Center, the Town of North Haven & the Bethany, Orange, Woodbridge Drug Alcohol Action Council (BOWDAAC) have organized sites within our area. Pharmacists will also be on site in Orange and New Haven to answer any questions or concerns you may have on current or needed meds. Take this time to consider what medications are available in your home and what can be diverted or misused. Talk to your family about medication safety, rules for use and evaluate how medication is currently stored in your household. Consider the impact drug overdoses are having in our community and if you should keep naloxone, the overdose reversal medication, as part of your first aid kit. Can't make it to Medication Take Back Day on April 30th? Most police stations have medication drop boxes for year-round disposal.

**Let's make medication safety a new priority!**

- **North Haven Fire Headquarters, 11 Broadway, North Haven**
- Cornell Scott-Hill Health Center, 428 Columbus Avenue, New Haven
- High Plains Community Center, 525 Orange Center Road, Orange

STAY SAFE



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Quinnipiack Valley  
Health District

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# Prepare for the Unexpected

May 1st-7th is Hurricane Preparedness Week

**DYK: 48% OF PEOPLE DON'T HAVE AN EMERGENCY SUPPLY KIT IN THEIR HOME**

(Source: FEMA)

Being prepared means having your own food, water and other supplies to last for several days.

A disaster supplies kit is a collection of basic items your household may need in the event of an emergency.

## A Basic Emergency Supply Kit Includes:



### Learn More



- At least 3 days worth of shelf stable food & water (1 gallon per day, per person)
- Flashlight
- Phone & Charger
- Radio
- Tools
- Medications
- First Aid Kit

- Pet Food
- Dust Mask
- Extra Batteries
- Area Maps
- Cash/Checks
- Can Opener
- Sleeping bag/Blankets
- Sanitary Supplies
- Whistle
- Matches



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