

## Dover Board of Health Lyme Disease Committee

### PARENT ADVISORY

### Lyme Disease and other Tick-Borne Illnesses (TBI)

Lyme Disease and other TBI are transmitted to humans by **tick bites**. Lyme Disease and TBI are **preventable** if simple steps are taken to reduce exposure to tick bites.

While spending time outdoors:

- Dress in light-colored clothing and tuck pants into socks
- Use a repellent on clothing and/or skin; Permethrin may be found at local sporting good stores and garden centers
- Avoid dense brush (walk in the center of forest trails)
- Shower within 2 hours of possible exposure to wash away ticks that have not yet attached
- Protect pets with tick preventative measures

It is **essential** to perform a **tick check** on **yourself, your children, and your pets** after having spent time outdoors. Contact your doctor immediately if you find a tick attached to yourself or your children.

**Most importantly**, if you or your child develops an unexplained rash or flu-like symptoms after a tick bite, please seek medical attention. Lyme disease and many TBI **can be treated successfully** if diagnosed in a timely manner.

The BOH provides a **Tick Identification Card** that shows the actual shapes and sizes of various ticks in different stages and provides tips for your protection. These cards are available at the Board of Health Office, Town Clerk Office, Post Office, Library, and Police Department.

Please be aware that you can protect your property by:

- Creating tick borders
- Using tick tubes
- Eliminating or reducing deer habitat

During two recent summers, the Lyme Disease Committee of the Dover Board of Health conducted studies of tick density around the town's sports fields and children's play areas including Chickering fields and the Dover/Sherborn HS where spectators tend to gather. The results convincingly showed that **shady areas have a dramatically greater number of ticks than do sunny areas.**

**Please see our website for more information:**

**[www.doverlyme.com](http://www.doverlyme.com)**