

April 2017

Message from the Director of Health

New Milford residents are urged to be aware that Lyme and other tick-borne diseases are common illnesses. Ticks are abundant in our Town and in other wooded and suburban areas throughout the State of Connecticut and the Region. The life cycle of adult ticks is supported by deer, which are also abundant in our area. In addition to Lyme disease, other common tick-borne diseases include Anaplasmosis, Ehrlichiosis and Babesiosis. These diseases (with the exception of Ehrlichiosis) are all transmitted by the bite of an infected black-legged or deer tick (*Ixodes scapularis*). Ehrlichiosis is primarily transmitted by the lone star tick (*Amblyoma americanum*).

Tick-borne disease can be very serious. For Lyme disease, research studies have shown that an infected tick must be attached to the skin for more than 24 hours to transmit the bacteria that causes Lyme disease. However every tick bite should be monitored closely for 3 – 30 days to look for any signs or symptoms that may develop. Ticks should be removed immediately using the proper removal method described in information contained in the websites noted below. Also the New Milford Health Department will have ticks tested free of charge at the Connecticut Agricultural Experiment Station in New Haven. Simply bring the tick (in a small plastic bag) to the New Milford Health Department at 10 Main Street, Town Hall, New Milford between 8 AM and 5 PM, Monday through Friday.

Reducing exposure to ticks and being aware of the possible effects of tick-borne disease are the keys to prevention. The New Milford Health Department has partnered with Lyme Connection and the Ridgefield Lyme Disease Task Force to provide tick-borne disease education. Please click on the link below to review this information. Also the Centers for Disease Control (CDC) provides valuable Lyme disease information. The link to the CDC website is also provided below. Please read this information and follow the recommended prevention strategies to protect yourself and your family.

Sincerely,

Mike Crespan
Director of Health

<http://www.lymeconnection.org>

<http://www.cdc.gov/lyme/>