



Avoiding Ticks & Tick-borne Diseases

The Tick Testing Program at the Connecticut Agricultural Experiment Station (CAES) has **reported higher tick populations and higher rates of infection** with Lyme disease spirochetes and other pathogens this year. In fact, 38% of the ticks tested positive for Lyme disease.

Public Works, Park & Recreation, summer camp counselors, and many public school employees who work out-of-doors may be exposed to tick bites and the diseases they carry this summer. CIRMA urges its members and their employees to take precautions to avoid tick bites.

Ways of avoiding tick bites include --

- Stay on trails and paths, and avoid areas with high grasses and weedy underbrush.
- Wear a hat and light-colored clothing (so ticks can be easily spotted), including long-sleeved shirts and long pants tucked into boots or socks.
- Use insect repellents. Reapply repellents as needed. (Always follow products labels).
- Use insecticides such as permethrin for greater protection on clothing, but not on skin. One application to pants, socks, and shoes may be effective through several washings.
- Check skin and clothing for ticks daily.
- Wash and dry work clothes using the "hot" settings to kill any ticks present.
- Ticks should be removed immediately by using fine-tipped tweezers.

Contact your CIRMA Risk Management Consultant to learn more about our programs.
