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Dear Residents:

We want to provide you with some important information from the Centers for Disease Control and Prevention on how to protect you and your family members from ticks:

Although it is always important to take preventative measures against ticks year-round, **ticks are most active during the months from April through September.**

**Avoid direct contact with ticks**

- Walk in the center of trails, rather than through the brush.
- Control the brush around your home, and avoid wooded areas or areas with high grass and leaf litter.

**Use a tick repellent**

- **Always follow the instructions on the product label!** Contact the manufacturer if you have still have questions after reading the label.
- For more information on insect repellents, please visit the Environmental Protection Agency's website: <http://cfpub.epa.gov/oppref/insect/>

**Find and remove ticks from your body**

- Conduct a full-body tick check using a hand-held or full-length mirror to view all parts of your body upon return from tick-infested areas. Parents should check their children for ticks under the arms, in and around the ears, inside the belly button, behind the knees, between the legs, around the waist, and especially in their hair.
- Examine gear and pets. Ticks can ride into the home on clothing and pets, so make sure to carefully examine pets, coats, and day packs. Tumbling clothes in a dryer on the highest heat for at least one hour may help kill remaining ticks.
- Shower soon after being outdoors. Showering within two hours of coming indoors has been shown to reduce your risk of being bitten by a tick.

**Tick Removal**

If you find a tick attached to your skin, there is no need to panic. Prompt and proper tick removal is very important for preventing possible disease transmission.

**How to remove a tick**

1. Use fine-tipped tweezers and protect your fingers with a tissue, paper towel, or latex-free gloves. Avoid removing ticks with your bare hands.
2. Grasp the tick as close to the skin surface as possible and pull upward with steady, even pressure. If any parts of the tick break off and remain in the skin, try to remove them with tweezers.
3. After removing the tick, thoroughly disinfect the bite and your hands with rubbing alcohol, an iodine scrub, or soap and water.

**Follow-up**

If you or your child(ren) begin to experience a rash or fever within several weeks of removing a tick, see your doctor. Be sure to tell the doctor about your recent tick bite, when the bite occurred, and where you most likely acquired the tick.

**For more information, please visit the Centers for Disease Control and Prevention's website, <http://www.cdc.gov/ticks/index.html>.** You can also contact the Peabody Health Department at (978) 538-5926 if you have questions.