



Middleton Health Department

August 2013

Our Mission

To improve public health by promoting an individual's well-being, preventing disease, and protecting an individual's health within the community.

Middleton Board of Health
Robert Ambrefe, Chairman
George Demeritt
John Goodwin
Mathew Greenfield
Paul LeBlanc

Middleton Health Department
195 N Main Street
Middleton MA 01949
978-777-1869
www.townofmiddleton.org



Derek Fullerton, RS, CHO
Director of Public Health
healthdirector@townofmiddleton.org



Traci Mello, RN, BSN
Public Health Nurse
phn@townofmiddleton.org



Patricia Zingarelli
Department Clerk
dpwsecretary@townofmiddleton.org

Mosquito-Borne and Tick-Borne Disease Information

Mosquito-borne Diseases: Recently, testing results of mosquitoes in Middleton and adjacent communities have identified West Nile Virus (WNV). Unfortunately a death of a Northfolk County Woman infected with Eastern Equine Encephalitis (EEE) just occurred (8/20/2013). WNV and EEE are two different types of viral infections. You can become infected after being bitten by an infected mosquito. You may feel sick 3-14 days after being bitten. You may have a fever, feel like you have the flu, have a headache, or body aches that can last for days to weeks. A small number of people who get WNV or EEE get very sick. If you feel sick, you should notify your primary care provider right away. There is no specific treatment for EEE or WNV. Hospital care is aimed at reducing serious illness. For more local information, visit: <http://westnile.ashtonweb.com/>



Public Health Fact Sheets for WNV or EEE can be downloaded by clicking on the appropriate links below:

[West Nile Virus](#)

[Eastern Equine Encephalitis](#)

Video Presentation on Mosquitoes, EEE, WNV

In May of 2012, the Middleton Board of Health invited Esteban Cuebas-Incle PhD., Entomologist of the Northeast Massachusetts Mosquito Control District, to present educational and awareness information to the public surrounding mosquitoes, EEE, WNV, and prevention measures conducted by the control district within the community of Middleton and personal prevention tips for individuals.

A summary of this presentation can be found in PDF format through the link below
http://www.townofmiddleton.org/Pages/MiddletonMA_Health/prot%20mosq

Did you know?

That the Town of Middleton belongs to the Northeast Mosquito Control District. For Middleton, the district focuses primarily on adult mosquito surveillance that includes WNV/EEE virus testing of trapped mosquitoes (each week, the mosquitoes are trapped in a selected location within Middleton and sent to a lab to be analyzed for WNV and EEE), virus control measures such as ground larviciding applications to catch basins, and barrier treatments or adulticide applications (spraying) to areas requested by the BOH. Homeowners who abut wetland areas, swamps, and problem mosquito areas can contact the district to be added to a list to request the area be addressed by district personnel. They can be reached at 978-463-6630.

Tick-borne Diseases: Deer tick nymphs (active May-August) and adult females (active September-December), may transmit Lyme disease, Babesiosis, or Ehrlichiosis. Deer tick nymphs are tiny and adult females have a black and orange back and are smaller than the white and brown dog ticks:



Deer Tick Sizes
Nymph to Adult

A Deer tick can be a carrier of Lyme disease and is orange-brown with black spot near head



Deer Tick Dog Tick

Wood/Dog tick is unlikely to transmit Lyme disease and is twice as large as Deer tick and has white marks near head

To download a personal tick ID card for your wallet, visit http://www.townofmiddleton.org/Pages/MiddletonMA_Health/ID%20Card or stop by the Middleton Health Department to receive a wallet/pocket card (195 North Main Street, Middleton)

Lyme Disease: Each year, hundreds of Massachusetts residents are infected with Lyme disease. Lyme disease is a bacterial infection spread through the bite of an infected deer tick. If you are bitten by a deer tick, remove the tick immediately using tweezers and wash the site thoroughly with soap and water. A deer tick must be removed within 24 hours to prevent the spread of Lyme disease. Mark the date of the bite on your calendar and notify your primary care provider. If you are infected with Lyme disease, you can start to feel sick within 3-32 days after the tick bites you. You may develop a rash and/or have chills, fever, headache and muscle or joint pain. If you do get sick after a tick bite, see your primary care provider as soon as possible for early treatment with antibiotics to prevent serious consequences from Lyme disease, such as heart problems and arthritis.

For more information, visit: <http://www.mass.gov/Eeohhs2/docs/dph/cdc/factsheets/lyme.pdf>

The 8 Do's of Preventing Tick Bites and Mosquito Bites

- 1. Avoid Mosquito Bites:** Do use bug sprays with DEET to keep ticks and mosquitoes from biting you. Always check labels to find safe products for children. Use a repellent with DEET (N, N-diethyl-m-toluamide), permethrin, picaridin (KBR 3023), IR3535 or oil of lemon eucalyptus [p-methane 3, 8-diol (PMD)] according to the instructions on the product label. DEET products should not be used on infants under two months of age and should be used in concentrations of 30% or less on older children. Oil of lemon eucalyptus should not be used on children under three years of age. Permethrin products are intended for use on items such as clothing, shoes, bed nets and camping gear and should not be applied to skin.
- 2. Clothing can help reduce mosquito bites.** Although it may be difficult to do when it's hot, wearing long-sleeves, long Do cover your skin when outside. Wear lights colors; long pants that are tucked into your socks and long-sleeved shirts.

The 8 Do's of Preventing Tick Bites and Mosquito Bites (con't)

- 3. Do check clothes, skin and pets frequently for ticks while outside and at the end of the day.**
- 4. Do shower after checking for ticks at the end of the day; and then check skin again for ticks.**
- 5. Do away with ticks around your home by removing leaf litter, tall grass, brush and plants that attract deer. When hiking, stay on the path and avoid leaves, tall grass, brush and trees that may have deer ticks.**
- 6. Do put up a fence to keep deer out. Keep playground equipment away from yard edges, brush and trees.**
- 7. Be Aware of Peak Mosquito Hours: Do limit time outdoors during dusk and dawn when mosquitoes are most active. Consider rescheduling outdoor activities that occur during evening or early morning. If you are outdoors at any time and notice mosquitoes around you, take steps to avoid being bitten by moving indoors, covering up and/or wearing repellent.**
- 8. Mosquito-Proof Your Home Do keep mosquitoes away from your home by getting rid of still water sources like old tires, bottles, tin cans, flower pots, wading pools. Drain Standing Water – Many mosquitoes lay their eggs in standing water. Limit the number of places around your home for mosquitoes to breed by either draining or getting rid of items that hold standing water. Check rain gutters and drains. Empty any unused flowerpots and wading pools, and change water in birdbaths frequently. Install or Repair Screens - Some mosquitoes like to come indoors. Keep them outside by having tightly-fitting screens on all of your windows and doors.**