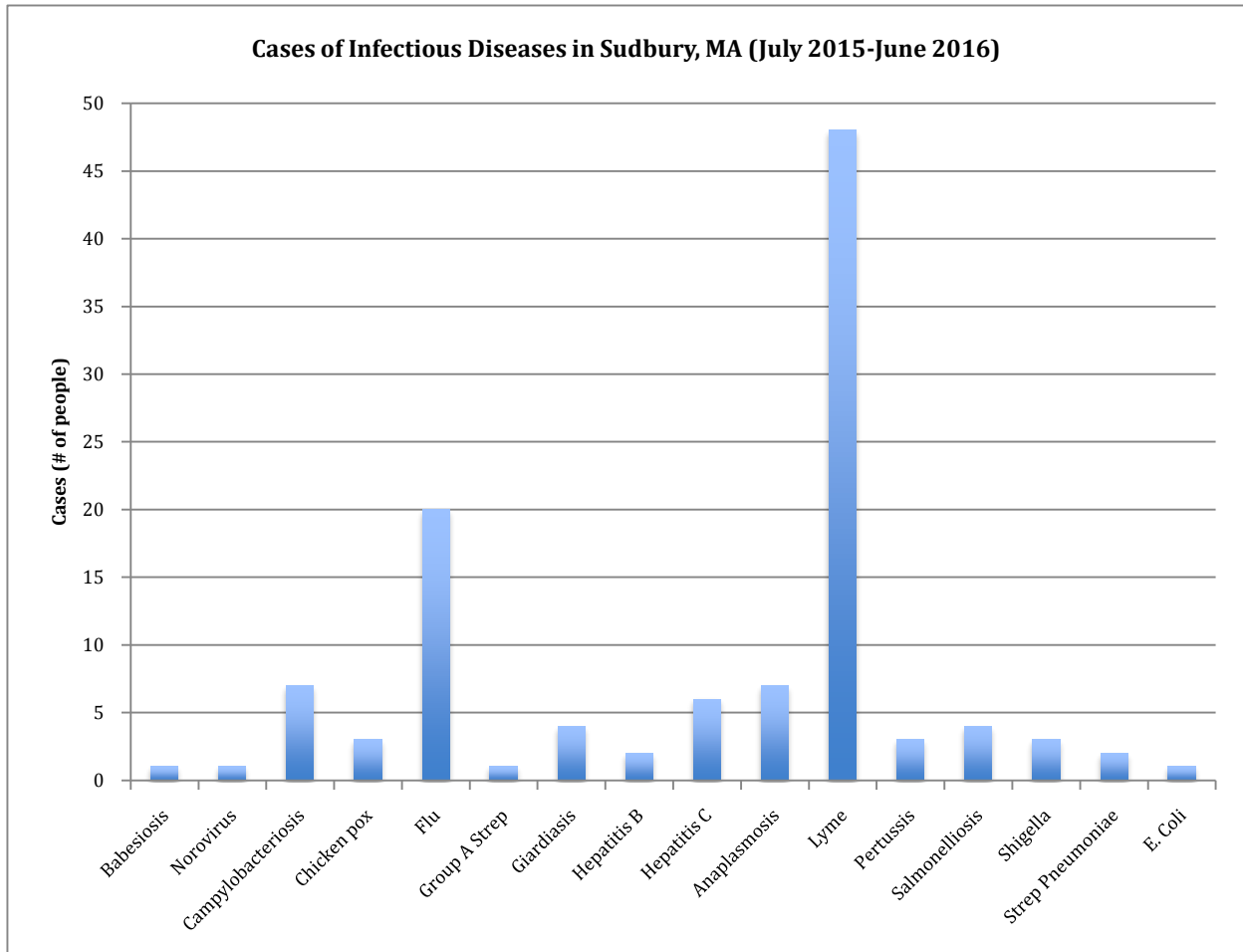
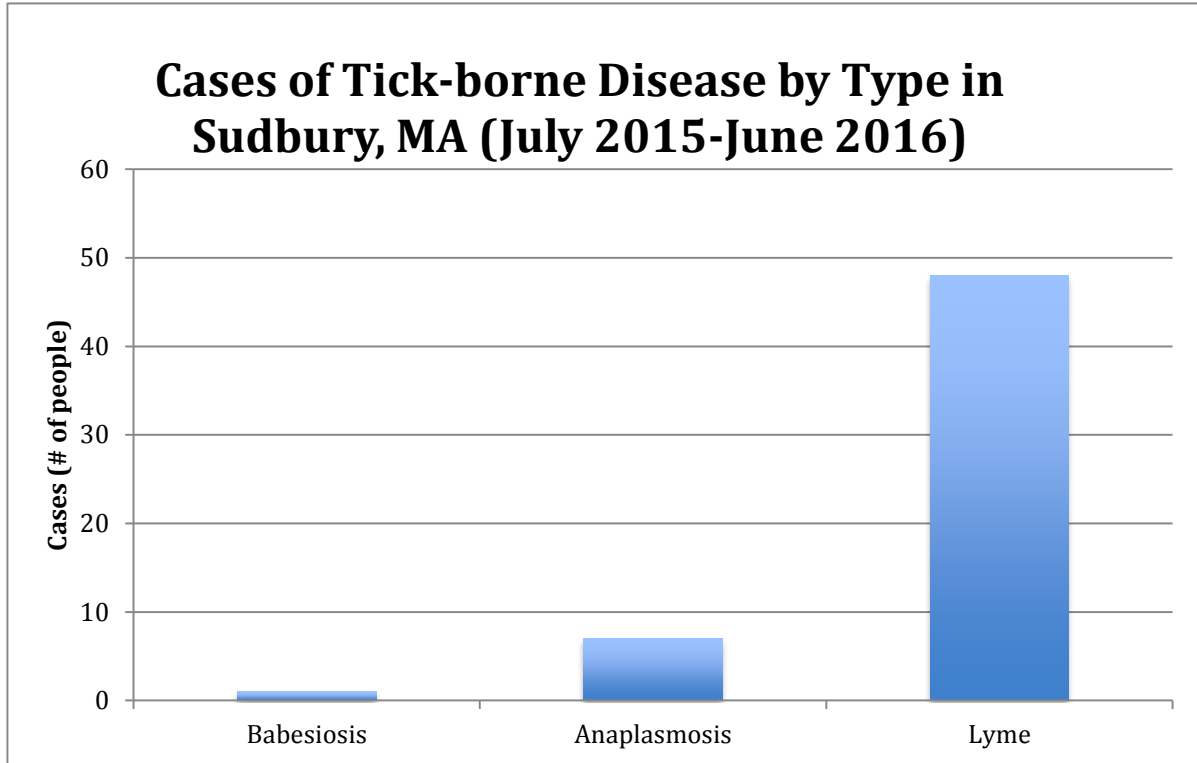


The Tick Days of Summer

Infectious diseases, ones that are especially dangerous or contagious, are reported to the State Department of Public Health. The data collected by this reporting from the past year, July 2015 through June 2016 are shown below in a graph. The height of the bar indicates the number of cases seen in the past year in Sudbury, MA of that particular disease. As can be seen below, Lyme disease is far and away the most prevalent infectious disease reported in Sudbury. The second most prevalent disease is the flu with less than half of the observed cases as compared to Lyme.

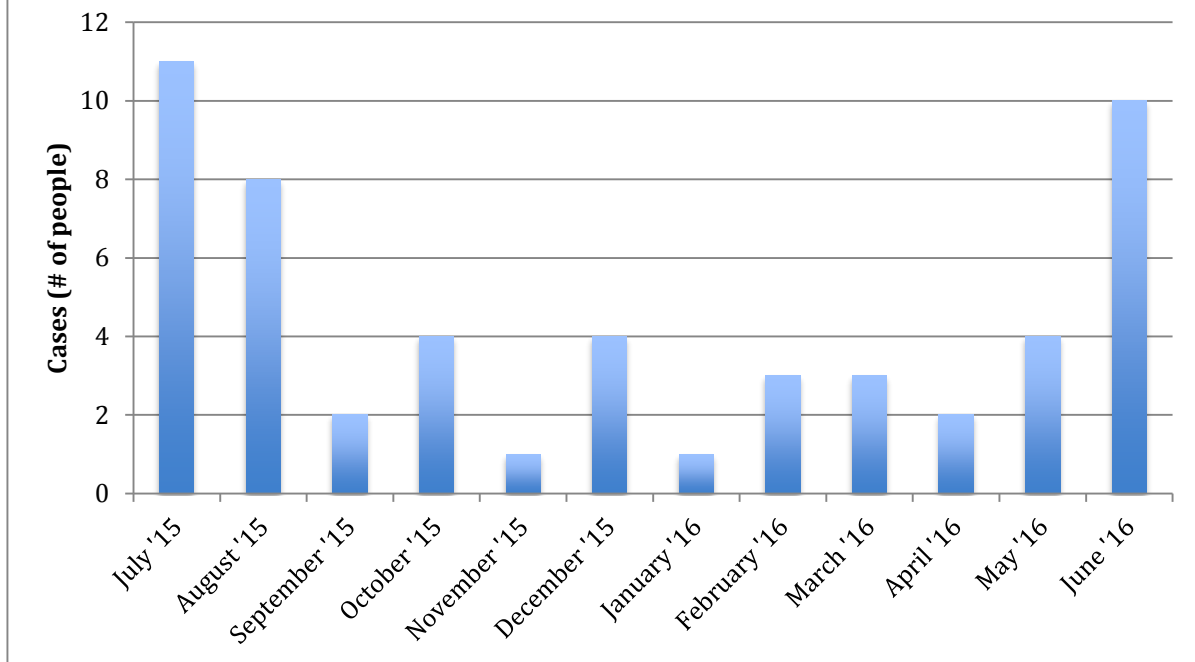


Tick-borne diseases can be dangerous and difficult to diagnose. Three common types of tick-borne disease that were listed above but can be seen more easily in the graph below are Anaplasmosis, Babesiosis, and Lyme. Again, Lyme is by far the most common, but ticks transmit all of these diseases.



Combining all three of these tick-borne diseases, we can then examine the incidence by month. As can be seen in the graph below, summer months are when people are more likely to get diagnosed with these diseases. This is because of increased time spent outdoors. It is also important to keep in mind, though, that disease contracted in the summer could go undetected until fall or winter months, so it could be an even greater risk posed in summer months than the graph indicates.

Cases of Tickborne Disease in Sudbury, MA (July 2015-June 2016)



The Board of Health wants to remind all Sudbury residents of some important precautions to help guard against tick-borne disease.

- Be aware of wooded areas with high grasses or leaf piling
- Walk in the center of trails
- Wear tick repellent containing DEET or clothes treated with permethrin
- When returning home after having been outdoors, bathe or shower as soon as possible to wash off or find ticks crawling on you
- Do a tick check after spending time outdoors
- Check pets regularly

Please contact the Board of Health with any questions (978)-440-5479. Check out this online resource from the State Health Department for more information:

<http://blog.mass.gov/blog/health/the-importance-of-protecting-your-home-and-family-against-ticks-and-mosquitoes/>.