

Powassan Virus- What you Need to Know

Powassan virus is spread to people by the bite of an infected tick. Although still rare, the number of reported cases of people sick from Powassan virus has increased in recent years. Most cases in the United States occur in the northeast and Great Lakes regions from late spring through mid-fall when ticks are most active. There are no vaccines to prevent or medicines to treat Powassan virus disease. Reduce your risk of infection from Powassan virus by avoiding ticks. For more information about Powassan Virus go to <https://www.cdc.gov/powassan/index.html> and <https://www.mass.gov/service-details/powassan-virus>

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 (where ticks hide)
- 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 (don't forget your pets)
- Test your Tick at: <https://www.tickreport.com/>



Actual size of a deer tick

Please contact the Board of Health with any questions (978)-440-5479. Check out this on-line 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/>