

Infectious Disease



Did you know?

You may be at risk for diseases that are new to where you live. Climate change has been linked to the increasing geographic spread of Lyme disease, worsening mosquito-borne and waterborne diseases such as malaria, West Nile virus and more.

Action Plan

- **Avoid Exposure** in areas with low-level shrubbery and edges of woods
- **Dress appropriately:** Cover skin with long pants, high socks and closed-toed shoes; light-colored clothing makes ticks easier to find. Use insect repellent with DEET/permethrin for exposed areas
- **Conduct Tick-Checks:** Search clothing and body carefully including behind the knees, between fingers and toes, underarms and groin, belly button, in/behind ears, neck, hairline, and the top of the head
- **Wash hands** often to prevent spread of contagious disease
- **Be aware** of pesticide spraying and chemical exposures in your community during outbreaks
- **Seek medical attention** if you develop symptoms such as fevers, rashes, joint pains, abdominal pain, diarrhea, etc.

Community Resources

Learn about [water hygiene](#) and how to stay safe when your water may not be safe to drink.

Explore this [CDC website](#) with details on identifying ticks/diseases

Use the [CDC Tick Bite Bot](#) to learn how to remove ticks correctly and determine if you need to seek medical care.



Black-Legged Tick



Deer Tick



Lone Star Tick



Image: MA
Department
of Health

