

Dover Residents' Advisory about LYME DISEASE

Dear Dover Residents:

March 31,2011

Lyme disease can be a chronic and debilitating disease. The **Dover Board of Health** has declared Lyme disease a serious health threat to the residents of Dover.

Lyme disease can be treated successfully if diagnosed in a timely manner.

Lyme disease (and other tick-borne diseases) are transmitted to humans by tick bites. Now that snow has melted, any time we spend in the outdoors, our chances to become host to a tick increase significantly. For answers to all your questions about Lyme disease, please go to

<http://www.mass.gov/dph>

click on Public Health Fact Sheets (right side of link) and download the

Lyme Disease Fact Sheet

Follow all the instructions on this Sheet as issued by the Mass Dept of Public Health.

Remember:

1. You do not have to be walking in the woods to be bitten by a tick. It is essential that you perform a **daily tick check** on your children, yourself and your pet after having spent any time outside.

2. You can reduce the number of **ticks on your property around your home** by following these steps:
 - Use a three-foot wide woodchip, mulch or gravel barrier where your lawn meets the woods.
 - Keep your grass cut short, remove leaf litter and brush from around your home.
 - Prune low lying bushes and keep the plants around stone walls cut short.
 - Keep woodpiles and bird feeders off the ground and away from your home.

3. You may join the Dover Deer Management Plan by contacting the Board of Health at boh@doverma.org or 508-785-0032 ext 232

For more information click on **Lyme Disease Committee** and then select and click on any of the Lyme Disease Links for further information (all on right-hand side of screen).

The Board of Health will distribute **Tick Identification Cards** at many sites in Dover (Town Clerk office, Post Office, Library, BOH, Dover Market) showing you the actual size of deer ticks and providing some simple tips for your protection. Please be sure to procure one of those cards for you and your family.

Please use the **Tick Card** and **the Fact Sheet** for guidance and do not hesitate to seek medical advice when in doubt.

**Your Dover Board of Health
508-785-0032 ext. 232**