



Department of Health
Agency of Human Services



Public Invited to Learn How to Prevent Tickborne Diseases



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BRATTLEBORO – A growing number of people in Vermont are becoming ill with diseases spread by ticks, such as **Lyme disease** and **anaplasmosis**. The good news is these illnesses are preventable. To help you be tick smart, the Vermont Department of Health's Brattleboro District Office is holding a series of presentations about the simple actions you can take to avoid tickborne diseases.

The presentations will be held:

Friday, July 8, 2016,
10:00 a.m. to 11:00 a.m.
Brattleboro Senior Center, Brattleboro

Tuesday, July 12, 2016
5:30 p.m. to 6:30 p.m.
Brooks Memorial Library Meeting Room, Brattleboro

Thursday, July 14, 2016
12:00 p.m. to 1:00 p.m.
Deerfield Valley Health Center Community Meeting Room, Wilmington

Wednesday, July 20, 2016
5:30 p.m. to 6:30 p.m.
Heins Building, Holt Conference room at Grace Cottage, Townsend

Public Health Nurse Megan Lynde will explain the causes, symptoms, and new trends of tickborne illness. Most important, you will learn how to protect against ticks and prevent infection.

Prudence MacKinney, director of the Brattleboro Health Office, encourages people to know how to protect themselves from tick bites. "Lyme disease and other tickborne illnesses are becoming increasingly common in Vermont," said MacKinney. "With some basic steps, people can greatly reduce the risk of getting what can be a debilitating disease, and be free to enjoy our beautiful Vermont summer."

For information about the Brattleboro District Health Office – call 802-257-2880 or visit <http://healthvermont.gov/local/district/Brattleboro.aspx>. Stay connected on Facebook at <http://www.facebook.com/vdhbrattleboro>.

Learn more about tick and preventing tickborne diseases – http://healthvermont.gov/prevent/zoonotic/tickborne/Tickborne_diseases.aspx

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