



# CHATTING ABOUT HEALTH

## Ticks and Tickborne Disease

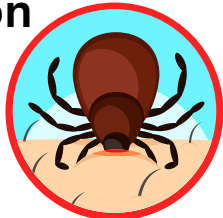
**Ticks can carry a number of germs that cause disease in people and animals**

- These include Babesiosis, Ehrlichiosis, Lyme Disease, Powassan Virus, Rickettsiosis, and Rocky Mountain Spotted Fever

**The most common symptoms of tick-related illnesses include:**

- Fever/Chills
- Headache
- Fatigue
- Muscle Aches
- Rash

**Ticks “quest” for hosts by resting on the tips of grasses and shrubs and waiting for a person or animal to come by.**



**Ticks transmit germs through the feeding process**

Learn more about  
Ticks from CDC



**Tick exposure can occur year-round**

- Ticks are most active during warmer months
  - April-September



### Prevent Tick Bites

- Avoid grassy, brushy, wooded areas where ticks live
  - Walk in the center of trails
- Treat clothing and gear with permethrin before going outdoors
- Use EPA registered repellents like DEET, picardin, Oil of Lemon Eucalyptus
  - Follow product instructions
- Check for ticks after being outdoors
- Shower soon after coming indoors

# FOOD POISONING

CDC estimates that each year 48 million people get sick from a foodborne illness, 128,000 are hospitalized, and 3,000 die.

## Most Common SYMPTOMS of FOOD POISONING

- stomach pain/cramps
- diarrhea
- nausea
- vomiting
- fever



*Drink plenty of fluids to prevent dehydration*



*See a doctor if your symptoms are severe*

## Groups at HIGHER RISK of Food Poisoning



- people aged 65 or older
- children under the age of 5
- people with weakened immune systems
- people who are pregnant

[More about Food Safety from CDC](#)



## Prevent Food Poisoning with 4 SIMPLE STEPS



- **CLEAN**
  - Wash hands, cooking utensils, cutting boards, and countertops
  - Rinse fruits and vegetables under running water
- **SEPARATE**
  - Keep raw meat, poultry, seafood, and eggs separated from ready-to-eat foods
- Use a cooking thermometer and **COOK** to an internal temperature high enough to kill germs
- **CHILL**
  - Never leave perishable food out for more than 2 hours (1 hour if the air temperature > 90°F)

## COVID-19 VACCINES

Visit CDC to learn more about current COVID-19 vaccine recommendations :  
<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/stay-up-to-date.html>



To find a COVID-19 Vaccine Clinic near you visit:  
<https://www.vaccines.gov/>

