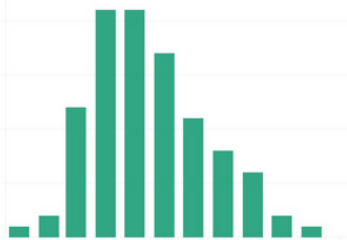




CHATting ABOUT HEALTH

TICKS

Ticks can carry pathogens that cause a number of diseases in humans including babesiosis, Lyme disease, and ehrlichiosis. *Infected ticks transmit disease when they bite a person in order to suck their blood.*



Tick exposure can occur year-round, but ticks are most active during warmer months (April-September).



Ways to reduce your chances of getting bitten by a tick



Use EPA registered insect repellents

Avoid the kinds of places ticks like to live (wooded, brushy areas with high grass and leaf litter)

Check for ticks and shower soon after being outdoors



Learn more from CDC
<https://www.cdc.gov/ticks/avoid/index.html>



FRESHWATER ALGAE BLOOMS

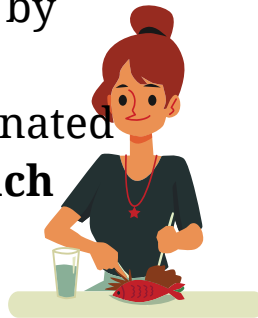


Cyanobacteria (also called blue-green algae) live in water. When water is warm, slow-moving and full of nutrients, algae can grow rapidly causing a bloom. Blooms can look like foam, scum, mats or paint on the surface of the water and can contain toxins that can make people and animals sick.

-People and animals exposed by touching or swimming in contaminated water or breathing in tiny droplets of contaminated water may experience **irritation of the skin, eyes, nose, throat and lungs.**



-People and animals exposed by eating contaminated fish or shellfish or drinking contaminated water may experience **stomach pain, vomiting, diarrhea, headache, neurologic symptoms and liver damage.**



Protect Yourself and Your Pets

You cannot tell if a bloom is harmful just by looking

If you see signs of a bloom:

- Stay out of the water
- Keep your pets out of the water
- Do not fish, swim, boat, or play water sports in areas where there is possible harmful cyanobacteria.

<https://www.cdc.gov/habs/illness-symptoms-freshwater.html>

**Learn more
from CDC**



COVID-19 VACCINES AND BOOSTERS

CDC recommends that everyone stay up to date with COVID-19 vaccines, including a bivalent booster dose.

Certain people may be eligible for a second booster.

Visit CDC to learn more about 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/search/>



WWW.CHATHAMHEALTH.ORG

