

May is Lyme disease awareness month. Lyme disease is caused by a bacteria (*Borrelia burgdorferi*) and is transmitted to humans through the bite of infected blacklegged ticks (aka the deer tick). Lyme disease can be debilitating if not identified very early and treated by antibiotics. Children ages 2 through 13 are at particular risk for tick encounters and contracting Lyme disease. In late Spring, nymph (baby tick) season starts – these nymphs are so tiny, they may appear to be a speck of dirt, like a poppy seed.

We are introducing a new initiative, Tick Free New Hampshire, which seeks to raise awareness about the risk of tick encounters. Our goals include educating New Hampshire residents on how to avoid and check for ticks in order to prevent being bitten by a tick and prevent the spread of Lyme disease.

Tick Free NH is an initiative supported by a New Hampshire funder, local businesses, and a group of New Hampshire public health, environmental health, and childcare professionals who share our mission of providing the most up to date information to New Hampshire residents about how to prevent tick encounters and protect themselves from tick bites.

Tick Free NH offers no-cost and low-cost resources for order or download. We encourage you to visit our website [www.TickFreeNH.org](http://www.TickFreeNH.org) and review the prevention information. You can order hard copies of our materials through the web site and online order form.

Did you know your school or child care center *can* help protect children from tick bites and have a policy for removal of ticks? To establish a school or childcare policy for tick removal visit: <https://tickfreenh.org/shareable-resources/>. Contact us at: [tickfreenh@gmail.com](mailto:tickfreenh@gmail.com)

Check out what we've done so far [www.TickFreeNH.org](http://www.TickFreeNH.org) or find us on Facebook <https://www.facebook.com/TickFreeNewHampshire/> and Instagram <https://www.instagram.com/tickfreenh/?hl=en>.