

Leyden Board of Health Update. July 15, 2020

Now that summer is in full force...so are ticks and mosquitoes.

Lisa White , our FRCOG nurse, is monitoring a case of anaplasmosis in our town. This is a tick borne illness. The most prevalent illnesses with tick bites are Lyme , anaplasmosis, and babesiosis . All are very serious illnesses.

PLEASE PROTECT YOURSELF WHILE OUTSIDE. LIGHT COLORED CLOTHING, PANTS TUCKED INTO SOCKS, INSECT REPELLENT SPRAYED ON CLOTHES AND MOST IMPORTANTLY, CHECK YOURSELF FOR TICKS WHEN YOU COME INSIDE.

Next, mosquitoes. Eastern Equine Encephalitis (EEE) has been found in mosquitoes in Orange and Wendell. West Nile virus has also been found in mosquitoes this year. At our annual town meeting , we voted to join the Pioneer Valley Mosquito Control District. This will hopefully give us another tool to prevent EEE and West Nile.

If you know of an area in town that tends to have sitting water and is a great site for mosquito breeding, please call me. The control district can set traps and start monitoring what kind of mosquitoes we have at that site. It is safer for our environment to kill the larvae than to be at the extreme of an aerial spraying. This becomes detrimental to our pollinators and birds.

You can read about precautions at mass.gov/ticks and mosquitoes.

MASKS/FACIAL COVERINGS.

Some towns and cities in Massachusetts are starting to have an increase in Covid -19. Again, please wear facial coverings, social distance, and wash hands frequently. Facial coverings must fit the face and not be open at any point.

I AM SEEING MANY VARIATIONS IN FACIAL COVERINGS. MOST IMPORTANTLY, IT MUST COVER BOTH YOUR NOSE AND MOUTH . THIS VIRUS RESIDES IN OUR RESPIRATORY TRACT. THAT MEANS YOUR NOSE AND MOUTH.

BY COVERING BOTH, YOUR CHANCES OF STAYING HEALTHY INCREASE , AND IF YOU ARE ASYMPTOMATIC, YOU CAN KEEP OTHERS SAFE WITH A MASK ON YOUR FACE.

ALL TOWN BUILDINGS AT THIS TIME STILL REQUIRE A FACIAL COVERING. THAT INCLUDES ANY VISITOR ,WORKER, AND CONSULTANT...ANYONE AND EVERYONE.

.EVERYONE'S COOPERATION IS NECESSARY IN THIS SITUATION.

THANK YOU. BETH KUZDEBA, MARCIA MILLER AND CAROL KUZDEBA
413-774-2820