

### ITS TICK TIME!

The Westport Weston Health District encourages residents to be on the alert for ticks – peak season is now until September. Because of the mild winter we experienced, we are seeing more ticks this year than before. Most cases of Lyme and other tick-borne diseases are associated with the nymphal stage of the deer tick. Nymphs are small (about the size of a pinhead), difficult to spot, and are active during the late spring (now) and summer months.

Use these recommended personal protection techniques consistently to protect yourself:

- Bathe or shower soon after coming indoors to remove unattached ticks:
- Place clothing in a dryer on high for about 10 - 20 minutes to kill unseen ticks:
- Conduct daily tick checks and remove ticks promptly with tweezers:
- Use repellents as directed on skin and/or clothing:
- Treat pets with a product recommended by your veterinarian.

If you travel, remember that ticks and tick-borne diseases are found in many parts of the United States and the world! Continue to take precautions and remember to do your daily tick check wherever you travel.

If you find a tick, you may bring it to the Health District in a small plastic baggie. It will be identified (usually as a deer tick, or a dog tick), and if it is a deer tick engorged with blood, it will be sent for testing for a service charge of \$10.

### CHOLESTEROL AND BLOOD PRESSURE SCREENING

Westport Weston  
Health District  
180 Bayberry Lane  
Westport

Screenings include total, LDL, and HDL cholesterol levels, blood sugar, triglyceride levels and blood pressure. With this information, licensed health professionals will help you develop a personal action plan to make heart healthy choices. Fasting is required. The cost for the screening is \$25, cash, check, Mastercard or Visa. Call Monica Wheeler, RN, at 227-9571, ext. 242, for an appointment.

### THE WESTPORT WESTON WILTON MEDICAL RESERVE CORPS



The Westport Weston Health District is seeking motivated volunteers to join its Medical Reserve Corps (MRC). The MRC is a specialized component of the Citizens Corps, and part of a national network of volunteers dedicated to assisting hometown emergency preparedness and response efforts. The MRC stands ready to respond with our community's local officials to public health emergencies (and non-emergencies as well). MRC members receive free training and learn to better prepare themselves and their families for emergency situations. For more information about the MRC see our web site ([www.wwhd.org](http://www.wwhd.org)).

## CLINICS

The following clinics are held at the Health District,  
180 Bayberry Lane, Westport

#### HIV/AIDS COUNSELING AND TESTING CLINIC

##### By Appointment Only

Open to all regardless of age or residence. Anonymous or confidential HIV, STD (chlamydia and gonorrhea) and Hepatitis C testing available. This clinic is free, but a \$10 donation is suggested. Call Loren Pace, RN, at 227-9571, ext. 231, to schedule an appointment.

#### WELLNESS CLINIC FOR ADULTS & CHILDREN

##### Monday, 9-10:30 am Walk-In Clinic

This walk-in clinic offers blood sugar and free blood pressure screening, monitoring, and counseling. TB testing is available for a small charge. **No immunizations will be given during this clinic.**

#### IMMUNIZATION CLINIC

##### By Appointment Only

Routine immunizations and boosters are available for adults and children. Fees payable by cash, personal check, or Mastercard/Visa. Call Loren Pace, RN, at the Health District at 227-9571, ext. 231, to schedule an appointment.

#### TRAVELERS CLINIC

##### By Appointment with the Clinic Physician

Travelers meet with a WWHD physician to review travel itinerary and receive recommended immunizations and prescriptions. Bring records of previous immunizations. Fees payable by cash, personal check or Visa/Mastercard. Call Melissa Romano at 227-9571, ext. 224, to schedule an appointment.

