

communityevents

JULY - AUGUST 2017

ITS STILL TICK TIME BUT MOSQUITOES ARE ON THE WAY!

The Westport Weston Health District encourages residents to continue to be on the alert for ticks. Most cases of Lyme and other tick-borne diseases are associated with the nymph stage of the deer tick. Nymphs are small (size of a pinhead), difficult to spot, and are active during the summer months.

Use recommended personal protection techniques consistently to protect yourself:

- Bathe or shower soon after coming indoors to remove unattached ticks, and place clothing in a dryer on high for about 20 minutes to kill unseen ticks.
- Conduct daily tick checks and remove ticks promptly with tweezers.

WWHD encourages residents to also help control mosquitoes that spread disease as well, the most common in our region being West Nile Virus. Currently, the CT Agricultural Experiment Station conducts mosquito trapping throughout the state to identify where and which viruses are circulating. Residents will be alerted when viruses are found locally.

You can help by taking the following measures to protect yourself and your family:

- Eliminate standing water in and around your home.
- Use mosquito netting on carriages and strollers.
- Keep mosquitoes out of your home by using screens on windows and doors.
- Use larvicide (such as BTI Mosquito Briquets) in bird baths, flower pots, ponds, etc.

To protect you and your family from both mosquito and tick bites, apply insect repellents, such as DEET or Picardin, to exposed skin or to clothing according to manufacturers' directions. You may also treat clothing and gear with permethrin or purchase permethrin-treated clothing. For further information and a guide to effective insect repellents, visit www.wwhd.org.

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).

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.



Westport Weston
Health District

For more information visit www.wwhd.org

Westport Weston Health District • 180 Bayberry Lane • Westport, CT 06880-2855