

Aspetuck Health District May 2024 Health Update

- May's **Lyme Disease Awareness Month** is an excellent reminder that checking yourself, children, and pets each day is an important way to reduce the possibility of tick-borne illness. The mild winter and wet spring means that the tick population will be especially active. The Health District will identify ticks for a \$10 fee and send ticks to the State of Connecticut laboratory for testing if appropriate.
- Rabies is a deadly virus. Human exposure can result after a family pet has come into contact with a rabid animal. If your pet had physical contact with a wild animal, please keep your animal outside of your house and away from people until it has been assessed. If you must tend to your pet, wear gloves. Call your veterinarian and your town's Animal Control. Bats found in the home are another source for human exposure. Bats that meet certain criteria can be tested for rabies at the state lab. Call the Health District at 203.227.9571 ext. 235. with any questions or if you are concerned about potential human exposure.
- May is **Skin Cancer Awareness Month**. The American Academy of Dermatology (AAD) reminds everyone to check their skin for signs of skin cancer. People of all skin tones develop skin cancer. A lifelong habit of checking your skin can help you spot signs early. Find a list of local dermatologists by searching the AAD website [here](#). Protecting your skin from the sun plays a key role in preventing skin cancer. Click here for "[Practice Safe Sun](#)" recommendations.