



APRIL 2026



Be Tick Aware

As temperatures rise, tick activity increases across our area. Protect yourself and your family:

- Wear light-colored clothing and long sleeves/pants when in wooded or grassy areas
- Use EPA-approved insect repellent
- Full-body tick checks
- Shower soon after coming indoors
- Keep lawns trimmed and remove leaf litter to reduce tick habitats
- Contact your healthcare provider if you experience symptoms after a tick bite (rash, fever, fatigue)

Taking simple precautions can help reduce your risk and keep you safe this spring.

Spring Home & Yard Prep

It's the perfect time to get your home and yard ready for summer. These simple steps can prevent pests, improve air quality, and keep your family healthy:

Eliminate standing water

Check gutters & drainage

Replace HVAC filters and clean vents to improve indoor air quality

Trim overgrown bushes and remove yard debris where pests can hide

Repair window screens & seals

Be mindful of pests, like ticks and mostquitos

May is for Mental Health

Mental health is just as important as physical health and spring is a great time to reset, recharge, and check in with yourself and others.

This month, we'll be sharing mental health tips, local resources, and simple ways to support your well-being, stay connected!

Be outside daily.

Sleep routines.

Connect with friends and community.

Deep breaths, journaling, meditation.

Reach out to a trusted healthcare provider or local support services for support

Westport Dog Park Festival

Join us at the Westport Dog Park Festival on 5/17 to meet AHD staff! Find details through the Westport Weston Chamber of Commerce website.



APRIL/MAY NEWSLETTER

ASPETUCK HEALTH DISTRICT



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DID YOU KNOW?

Starting a new home project may require health district approval! *especially those involving your property's environmental systems.*

- Septic system installation, repairs, or upgrades
- Well installations or modifications
- Additions, pools, or significant property changes
- Demolition or new construction

Starting a project without proper approvals can lead to delays, added costs, or complications down the line.

Not sure where to start? You're not alone. Visit our website and explore resources for permit applications, fee schedules, and more.

Upcoming Event: Brain Health

Brain health is a vital part of your overall well-being, influencing how you think, feel, and function each day. Join us for an engaging and informative session focused on practical ways to support and maintain brain health at every stage of life, co-sponsored by Hartford Health!

Event Details:

Tuesday, May 5
11:00 AM
AHD, 180 Bayberry Lane, Westport

Registration is required:

203.227.6611 or communityhealth@aspetuckhd.org

Whether you're looking to stay sharp, support a loved one, or learn more about brain health, this is a great opportunity to gain valuable tools and resources.

Ticks Cont.

If you remove a tick from a person, AHD offers tick identification and testing services in partnership with the Connecticut Agricultural Experiment Station.

How it works:

1. Complete a tick submission form and drop off the tick at AHD
2. \$10 processing fee
3. Ticks are tested for diseases including Lyme, Anaplasmosis, Babesiosis, and more
4. Results are sent via email to you and AHD (typically within 1-2 weeks)

Important!:

- This service is for ticks found on humans only
- Be sure to notify your healthcare provider if you submit a tick for testing