

Hopewell Township Environmental Newsletter

A Publication of the Environmental Commission

Environmental Commission Members

Jerry Lewis - Chair
 Jane Hankins - Vice Chair
 Beth McClain - Secretary
 Ken Strait - *Liaison to Land Use Board*
 Burt Doremus
 Marion Carl

Meetings

The Hopewell Township Environmental Commission meets the second Wednesday of each month @ 7 PM except for November and December when meetings are held the first Wednesday of the month. The meetings are open to the public and all are welcome to attend.



Summer Days Protect Yourself

Summer is upon us and while we are enjoying ourselves out of doors, it is important to stay protected from mosquitoes and ticks that may carry bacteria, parasites or viruses. One of the most common tick-borne diseases in the US is Lyme disease. Ticks are found in wooded areas, high grass, or leaf litter. One of the most common diseases associated with mosquitoes in the US is West Nile virus infection. Mosquitoes may be found near standing water, or in weedy or wooded areas. Below are some suggested ways you can protect yourself and your children:

- Wear a hat and light colored clothing (so ticks can be easily spotted, including long-sleeved shirts and long pants tucked into boots or socks)
- Use insect repellents containing 20-50% DEET or other type of repellent on exposed skin and clothing, reapply as needed
- Check skin and clothing for ticks, check hair, underarms, and groin
- Immediately remove ticks using fine tipped tweezers (more information on removal on next page)
- Wash and dry clothing using the “hot” setting to kill any ticks present
- If you develop any symptoms of a vector-borne disease, seek medical attention promptly
 - Symptoms of vector-borne disease are
 - body/muscle aches, joint pain
 - fever, rash
 - headaches, stiff neck
 - fatigue
 - paralysis

How to Remove a Tick

1. Use fine-tipped tweezers to grasp the tick as close to the skin's surface as possible.
2. Pull upward with steady, even pressure to remove the tick. Avoid twisting or jerking.
3. Clean the bite area and your hands with rubbing alcohol, iodine scrub, or soap and water.
4. Remove the tick as soon as possible.
5. If tick mouthparts remain in the skin, leave them alone. In most cases they will fall out in a few days.
6. Don't use nail polish, petroleum jelly, or a hot match to make the tick detach.
7. If you develop a fever or rash within several weeks of removing a tick, see your doctor. Be sure to tell the doctor about your recent tick bite, when the bite occurred

For further information - www.cdc.gov/ticks OR

www.cdc.gov/niosh/topics/outdoor



Look for these types of ticks

Here is a list of plants that repel mosquitoes that you can plant in your yard or pots for your deck without having to use harmful chemicals:

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|----------------------|-------------|------------|
| geraniums | petunia | oregano |
| citronella geraniums | onions | garlic |
| citronella grass | chamomile | sage |
| lemon balm | rosemary | peppermint |
| bee balm | lantana | catnip |
| lemongrass | penny royal | lavender |
| lemon thyme | marigold | basil |
| chrysanthemums | eucalyptus | yarrow |
| | nasturtiums | |

