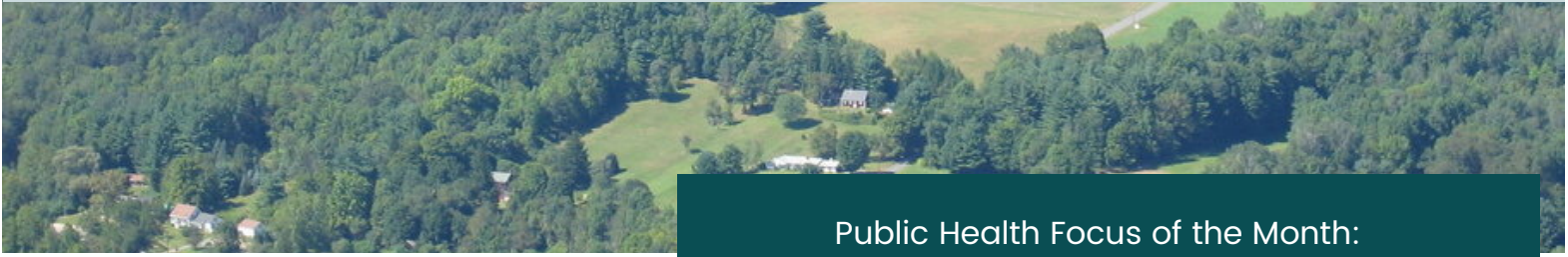


healthconnect

JUNE 2022



Check your clothing and body for ticks after being outdoors in grassy, brushy, or wooded areas where ticks live!

CHECK THESE PARTS OF YOUR BODY AND YOUR CHILD'S BODY FOR TICKS:



If you have been bitten

(the tick is attached to your skin):

- Remove the tick with fine-tipped tweezers.
- Grasp the tick as close to the skin's surface as possible, and
- Pull with steady, even force.
- Wash the bite area and continue to check for several weeks.

If you develop flu-like symptoms or a rash, see a doctor.

Public Health Focus of the Month:

Ticks They're out & about!

In recent years, more than 34% of local deer ticks tested positive for Lyme and more than 5% for anaplasmosis, the two tick-borne diseases occurring most frequently in the Franklin County region. Although only deer ticks (aka black-legged ticks) can transmit Lyme and anaplasmosis, other ticks should be avoided because they can transmit less common diseases.

If you need to test the tick for tick-borne diseases, save the tick in a small, plastic bag. Log on to www.tickreport.com and follow the mailing instructions. Identify ticks at <http://www.tickencounter.org>.

Thanks to the Charlemont Board of Health and the FRCOG, residents need only pay \$15 of the full \$50 cost of getting a tick tested.

Find out more about prevention & reporting at www.mass.gov and www.tickencounter.org

Stay safe & healthy!

from the FRCOG Public Health Team

COVID-19 Testing Sites & Resources

With COVID-19 is still out there, it is important to continue taking precautions. The FRCOG website has up-to-date information on what to do if you are exposed to or test positive for COVID, county-wide testing options, treatments for COVID, vaccines, and booster shots.

Visit <https://frcog.org/covid>

No internet? Give us a call: 413-774-3167 ext. 206

WEST COUNTY WALK-IN WELLNESS CLINIC

Confidential services include blood pressure and blood glucose checks, support with managing chronic health conditions and self-management of medications, sharps disposal and container exchange.

This nursing service is provided each month by the Cooperative Public Health Service of the Franklin Regional Council of Governments. For more information, contact Meg Ryan, RN at mryan@frcog.org, 413 774-3167 x 158, or Lisa White, RN, lwhite@frcog.org, 413 665-1400 x 114.

Everyone is welcome! No appointment needed.

DAYS & HOURS

Charlemont @ Federated Church

2nd Tuesday 10:30am – 12:30pm

3rd Tuesday 4-5:30pm

Shelburne Falls @ Senior Center

4th Tuesday 10:30am-12noon

Ashfield @ 1st Congregational

6/14, 7/12, & 8/9 3-5pm

Conway @ Town Hall

1st Friday 9am-12noon

New member elected to the Board of Health: Mae Tanner



Mae moved to Charlemont in 2019 and lives with her husband Andy Mueller on Legate Hill Road. She is an EMT-B for the town's Emergency Services Ambulance and will be completing her graduate degree in Public Health this month. Mae was elected to a 3-year seat on the Board and is eager to get to work!

Feel free to contact her via email:
mae.tanner@townofcharlemont.org
or by telephone: 413-339-4335, Opt 2,6

NEW: No-cost PCR testing site!

A **no-cost** PCR testing site **re-opened in Greenfield** and a separate site opened in **Shelburne Falls on May 31st**.

DAYS & HOURS

Greenfield Community College

Monday, Wednesday, & Friday 9am-4pm

Shelburne Falls

Greenfield Cooperative Bank Community Room

Tuesdays 9am-1pm & Thursdays 12 -4pm.

Book online at curative.com or walk-in with an ID (and an insurance card if you have one).

More testing options are available at

<https://frcog.org/COVID>

In-home COVID-19 Treatments

Offered by the Massachusetts Department of Health and CDR Health, eligible patients can now **receive at-home treatment for COVID-19**. To find out what options are available and to check your eligibility, **visit** mass.gov/in-home-covid-19-treatment or **call** the Treatment Call Center at

(617) 644-7592 (Monday-Friday, 9am-5pm)

A patient portal is also available for online appointment scheduling: <https://patientportalma.com>