

TULAREMIA

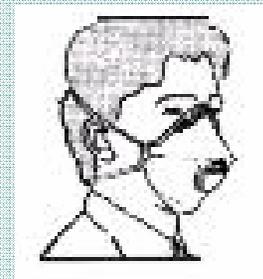
- Tularemia is a disease of people and animals caused by the bacteria (germ) *Francisella tularensis*.
- On Martha's Vineyard, the most common source of infection is breathing in contaminated particles during outdoor landscaping activities. Tick bites and contact with infected animals are other sources of disease.



PROTECT YOURSELF

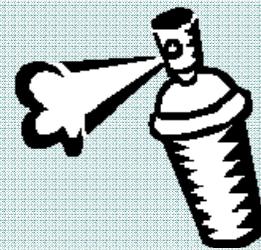
If you are doing any brush cutting or mowing:

- check the area for dead animal bodies
- wear an "N-95" respirator
- take steps to minimize dust generation



Protect yourself against tick bites:

- use a repellent with DEET or permethrin
- wear long-sleeves and pants
- check yourself for ticks after being outside



- **Seek medical attention immediately if you develop fever and/or respiratory symptoms within seven days of breathing in dust, soil or grasses while landscaping.** Also, seek medical attention if you develop a skin sore, swollen lymph glands, or a rash after a tick bite.
- If you have questions about tularemia, call your local board of health or the Massachusetts Department of Public Health at the number below.

Massachusetts Department of Public Health,
Division of Epidemiology and Immunization at
(617) 983-6800 – available 24 hours