



## DEPARTMENT OF MUNICIPAL INSPECTIONS HANOVER CONSERVATION OFFICE

TOWN HALL, 550 HANOVER STREET, HANOVER, MA 02339 • (T) 781-826-6505 • (EMAIL) OFFICE.CONSERVATION@HANOVER-MA.GOV

### TAKING PRECAUTIONS to AVOID EEE ON TRAILS and during WOODLAND WALKS

This is a reminder to take extra precautions during outside activities, especially walks or rides through wooded parcels, in light of this week's EEE notification from MA Dept. of Public Health and your local Board of Health. For further details and contact numbers, please refer to the Board of Health announcement on the home page of the Town Website.

For outside activities such as trail walks, etc., the same precautions apply:

**AVOID!** By planning your activities to avoid the time of day when mosquitoes are most active- *dusk*, just as it starts to get dark, *night time*- after dark, and *dawn*, the early morning hours, you can also avoid getting bitten. These are the times when you are more likely to get a bite (or several) if you are not careful. But be aware that on trails, especially along ponds and streams or near wetland areas, mosquito populations thrive and may be active even during the day. This is especially true in shaded areas and along forested pathways.

**COVER UP!** Use your head about what you wear for outdoor trekking. Long sleeved shirts, hats, a light scarf, long pants, heavier socks worn up over your trouser legs- these will help avoid exposing your skin as a landing zone and dinner table for all kinds of biting critters, including ticks carrying Lyme's Disease, and any mosquitoes carrying the EEE virus.

**USE REPELLENTS!** There are many products to use if you choose to spray or apply insect repellents. *Read the instructions carefully* and adhere to all precautions listed, especially age restrictions, application procedures, and duration of applications- you don't want to over spray or use too little.

If you are nervous about DEET, there are several organic products that are recommended including those that use eucalyptus, lavender or lemongrass oils, as well as rubs with organic apple cider vinegar or rose geranium. But contact your local pharmacist and physician to get all of the details on ingredients.