



# Do The Trick, Avoid The Tick!

NYSACHO Climate Change and Health Adaptation Project July 2025

Allegany County  
Department of Health



**PublicHealth**  
Prevent. Promote. Protect.

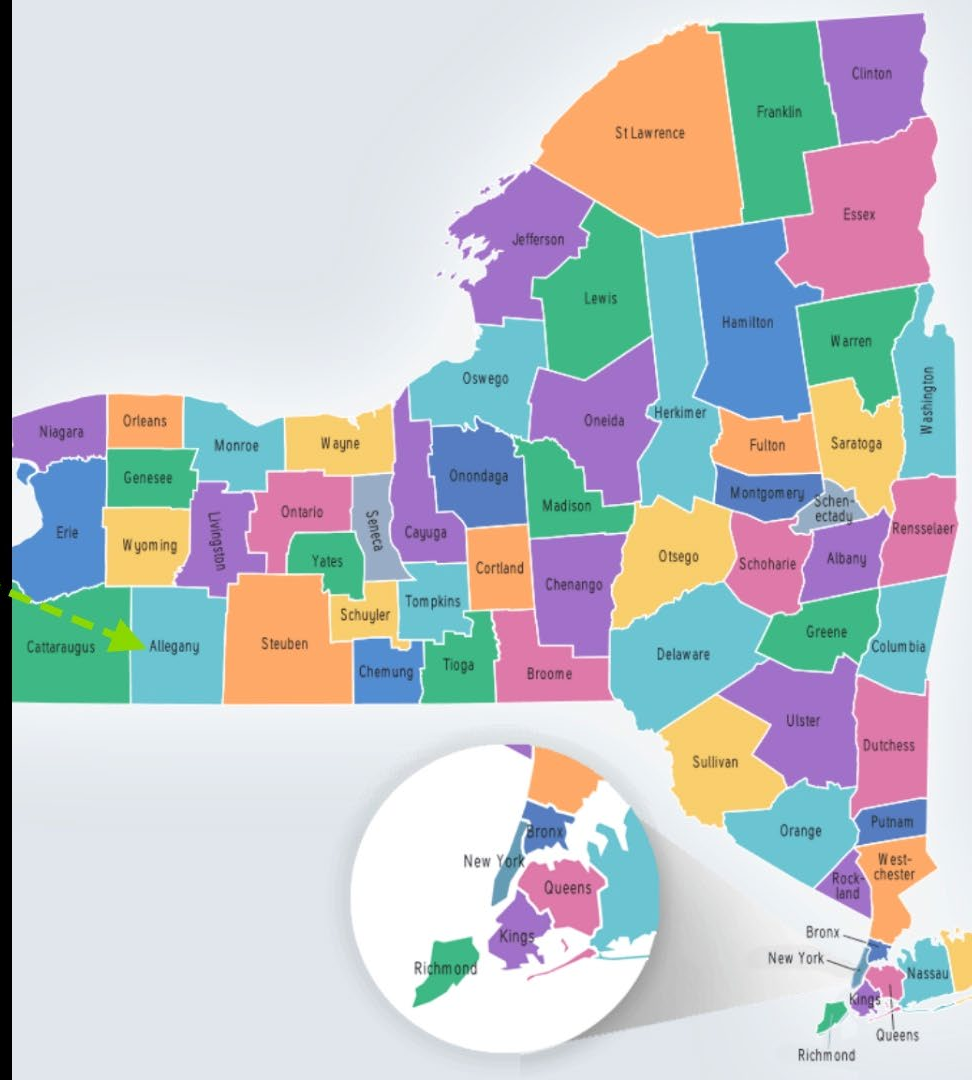


Welcome to Allegany County!

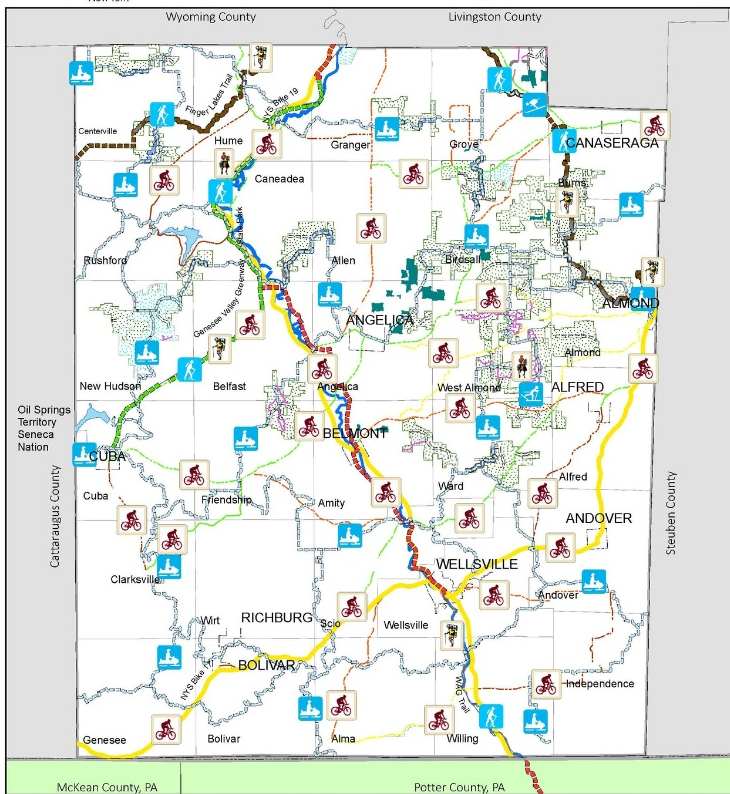
# A Unique County

## A Brief Tour

Allegany County is a unique county, nestled in a beautiful valley in the Southern Tier of Western New York, where valuable health resources open doors to healthy behaviors. The county overflows with vast scenic views, outdoor adventures, and quaint towns.







**Legend:**

- NY Snowmobile 2018-2019
- FOOT TRAIL
- HORSE TRAIL
- MULTI PURPOSE TRAIL
- MULTIPURPOSE TRAIL
- SNOWMOBILE TRAIL
- UNPAVED ROAD
- Finger Lakes Trail
- Genesee Valley Greenway
- Triple Divide Connector Route Temp
- WAG Trail
- NY's Bike Routes
- Easy
- Medium
- Hard
- Hardest
- STATE FOREST
- WILDLIFE MANAGEMENT



0 1.5 3 6 Miles

Allegany County  
Comprehensive Plan  
for more maps:  
<http://www.alleganyco.com>

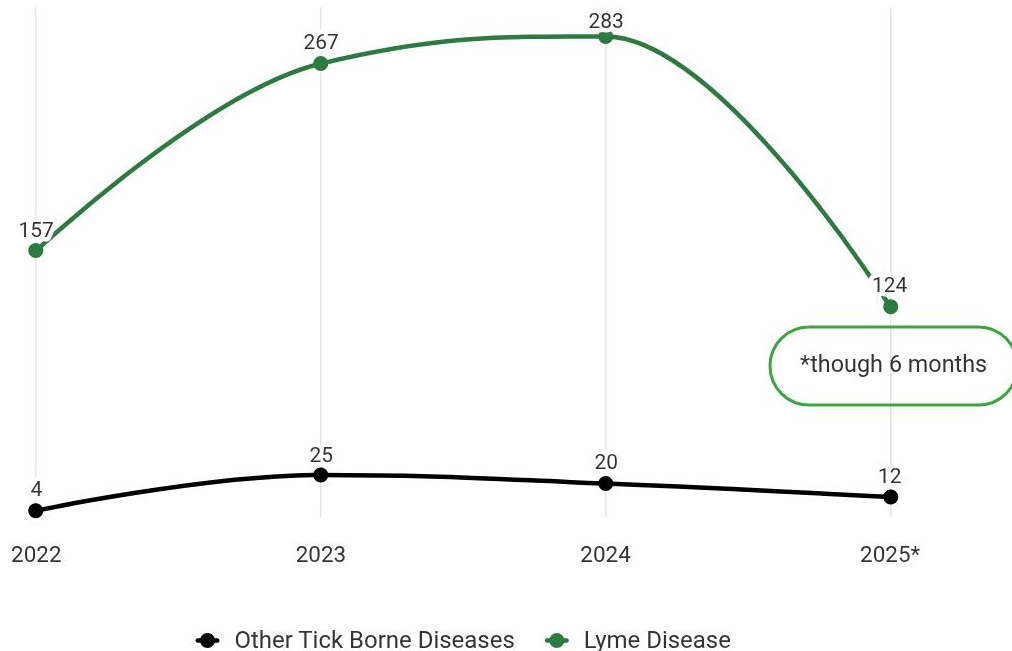
**DISCLAIMER OF USE:**  
This map is intended for planning purposes only.  
The County assumes no liability associated with  
the use or misuse of information contained herein.

Within this small, rural landscape exists an abundance of public lands and over **165** miles of recreational trails to strengthen connections with nature while fostering healthy living.

# Allegany County

Why we chose vector ecology...

## Tick Borne Illness Trends in Allegany County



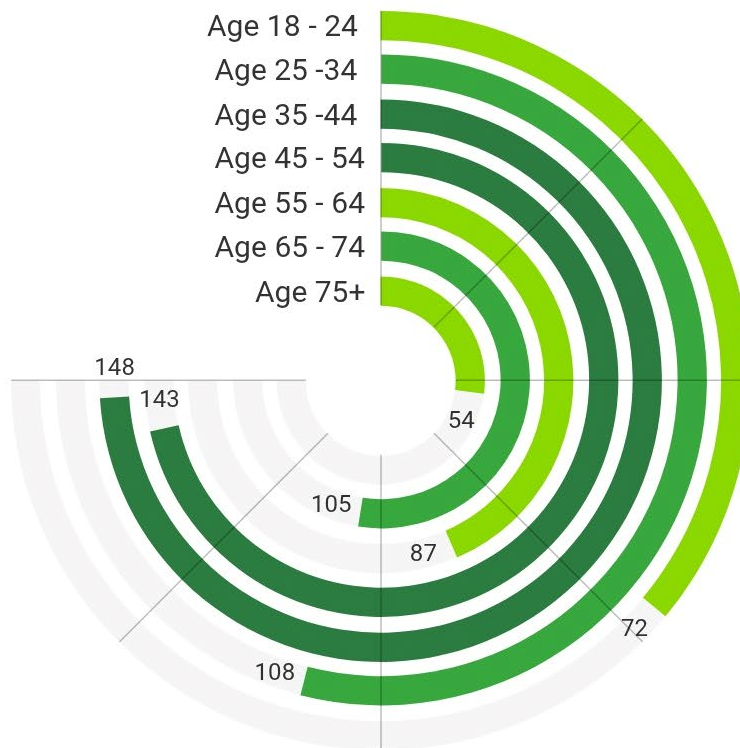
124

January - June

Number of Lyme Disease  
cases in the first 6 months  
of 2025.

# 2025-2030 Allegany County CHA Survey Results

Have You or Someone in Your Household Had a Tick Bite or Illness Caused by a Tick?







## Project Background

- ✓ To provide needed resources and education for marginalized groups in rural areas that will protect against an increased occurrence of Lyme disease due to the impacts of climate change.







## ● Target Audience

- ✓ Older adults aged 65 & up
- ✓ Individuals engaged in outdoor recreation
- ✓ The outdoor workforce population
- ✓ Children





# GOALS

**Teach** community members how to create a **tick-safe zone** around your home and **check for ticks**.

**Provide** Health education through targeted presentations that foster **a working knowledge of** early signs and **symptoms of Lyme disease** and other tick-borne illnesses.

**Establish collaboration** across the county to direct focus **on preventing tick-borne illnesses** and promoting safe methods for **tick removal**.



# Helping Us Reach Our Goals

Allegany County Department of Health (ACDOH), our partners and stakeholders

| Partner                                                    | Contribution                                                                                                                                                                                    | Notes                                                                                                                          |
|------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------|
| (IMPACT) Improving Allegany County Trails, Inc.            | Collaborated with ACDOH to identify highest use trails in Allegany County.                                                                                                                      | Further development of this program should continue to reach more partner volunteers.                                          |
| (NYSDEC) New York State Department of Conservation         | Aided ACDOH by granting permission, and providing recommendation on where to install Tick Warning signs at DEC Trail Access Kiosks.                                                             | Gregory Muller, Supervising Forester (NYSDEC, West Almond)                                                                     |
| Allegany County Federation of Sportsmen's Clubs            | Hosted ACDOH for targeted Tick Bite Prevention Lessons. Distributed Tick Bite First Aid Kits and educational materials to club members, installed Tick Warning signs outdoors on club property. | Club membership consisted of representatives from Rod & Gun Clubs throughout Allegany County                                   |
| Local Girl and Boy-Scout Troops                            | Assisting ACDOH with installing Tick Warning Signs in the community. Hosted ACDOH for a Tick Bite Prevention Lesson.                                                                            | Boy Scouts granted permission for signage to be placed while Almond Girl Scouts Troop assisted with installation of the signs. |
| Allegany County Office of the Aging                        | Hosted ACDOH for targeted Tick Bite Prevention Lesson at meal sites.                                                                                                                            | ACDOH was encouraged to offer lessons at additional meal sites in the future.                                                  |
| Allegany County Municipal Clerk and Collectors Association | ACDOH attended their meeting to promote our Climate & Health Mini Grant strategies and availability of Tick Warning signs for local parks and trails.                                           | Will continue to collaborate with association for this project as materials such as signs and tick kits are still available.   |

**Tabling at  
Events**

**762 interactions**

**Social Media  
Promotion**

**23,251+ reached**

**Development  
of Outreach  
Materials**

**Placemats, Stickers**

**Dispersal of Health  
Prevention Products  
(Tick Kits)**

**845 ticks kits dispersed**

**Targeted Prevention  
Presentations**

**212 individuals educated**

# Strategies





# Executing the mission





## Preventing Lyme Disease and Tick Bites | A Family Guide

Ticks live in grassy, brushy or wooded areas - and on animals such as deer, mice, and raccoons.

**Tick Check Activity**  
Can you find all the ticks? There are 10 on this page.

**Create a Tick-Safe Zone Around Your Home**

- Remove leaf litter.
- Clear tall grass and brush.
- Mow the lawn frequently.
- Place a mulch or gravel barrier between wooded areas and lawns to restrict ticks from entering yard.
- Construct a fence to keep deer out of your yard.
- Stack wood in a dry area away from your home to discourage rodents that attract ticks.

**Tick Facts:**

- Ticks are related to spiders.
- Ticks are so small, you might mistake them for fleas or dirt.
- Never burn or squeeze a tick when you remove it.
- Ticks are most active from April through September - or when temperatures are above 50 degrees.
- Ticks have eight legs.

**"Do the Trick - Avoid the Tick"**  
**Check Yourself and Pets for Ticks Before Going Indoors**

- Around the Hairline
- Around the Ears/Eyes
- Under the Arms
- Inside Belly Button
- Around the Waist/Tail
- Between the Legs/Toes
- Behind the Knee
- Under the Collar

**Using Repellent**  
Use EPA registered insect repellent containing one of these ingredients: DEET, Picaridin, IR3535 or Oil of Lemon Eucalyptus.

**Crossword Puzzle Activity**

**DOWN**

1. Disease carried by ticks.
2. When you come indoors, always \_\_\_\_\_ for ticks.
4. Ticks are so small, you might think they look like \_\_\_\_\_.
6. Never \_\_\_\_\_ or squeeze a tick when you remove it.

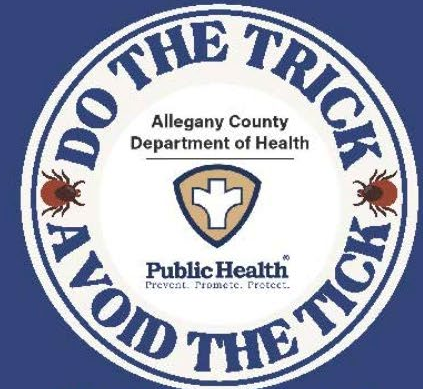
**ACROSS**

3. The number of legs a tick has.
5. Ingredient used in repellent.

Allegany County Department of Health  
Phone: 655-258-9250  
Email: healthinfo@alleganyco.ny.gov

NYSDOH Website to Learn more.

Follow All Label Instructions



**Wear Insect Repellent.  
Check yourself for ticks.**

**Tick Awareness Sign  
Displayed at Cuba, NY,  
Post Office**



Phillips Creek Trail, DEC Kiosk

## Tick Removal First Aid Kit



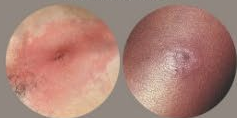
# Poster shared with Healthcare Providers, and Rod & Gun Clubs

## The Many Forms of Lyme Disease Rashes (Erythema Migrans)

Faint colors and borders



Crusted centers



More than one rash



Different shapes and colors



Appearing anywhere on the body



Most people with Lyme disease develop an erythema migrans rash at the site of the tick bite. The rash usually expands slowly over several days reaching up to 12 inches or more (30 cm) across. **However, not all rashes are a sign of Lyme disease.** The redness in the picture to the left is caused by irritation to the tick bite — not a tickborne infection.

Photo credits: (from top, left to right): 1. Centers for Disease Control and Prevention; 2. Courtesy of Dr. Gary Wommers, New York Medical College; 3. iStockphoto, Bernard Cohen, (tick with permission); 4. Reported from White & Sherris. All Lyme disease; 5. iStockphoto, Bernard Cohen, (tick with permission); 6. Courtesy of Centers for Disease Control and Prevention; 7. iStockphoto, Tanya Harniss, (tick with permission); 8. iStockphoto, Tanya Harniss, (tick with permission); 9. Courtesy of New York State Department of Health; 10. iStockphoto, Robert Stevenson, (tick with permission); 11. iStockphoto, Adam Young, (tick with permission); 12. Centers for Disease Control and Prevention, <http://picnic.gov/yll>



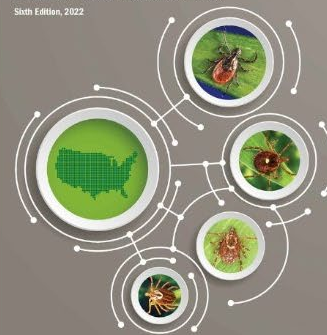
Learn more about Lyme disease symptoms at  
[www.cdc.gov/lyme/signs\\_symptoms](http://www.cdc.gov/lyme/signs_symptoms)



## TICKBORNE DISEASES OF THE UNITED STATES

A Reference Manual for Healthcare Providers

Sixth Edition, 2022



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES  
CENTERS FOR DISEASE CONTROL AND PREVENTION

## Ticks & Lyme Disease



A Guide for Preventing Lyme Disease

## Educational Materials

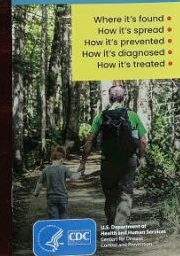


### How to Remove a Tick

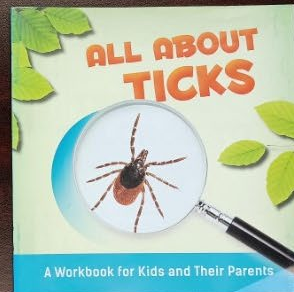
1. Use a pair of pointed tweezers.
2. Grasp the tick by its head or mouth right where it enters the skin.
3. Pull firmly and steadily upward.
4. Place the tick in a small container or rubbing alcohol to kill it.
5. Clean the bite wound with rubbing alcohol or hydrogen peroxide.
6. Monitor the site of the bite for the next 30 days for the appearance of a rash.
7. If you develop a rash or flu-like symptoms, contact your health care provider immediately.



## LYME DISEASE: WHAT YOU NEED TO KNOW



- Where it's found
- How it's spread
- How it's prevented
- How it's diagnosed
- How it's treated



## PREVENT TICKBORNE DISEASES





GVG Trail at Caneadea Town Park



Tick-Kits at Wellsville Trout Derby

Houghton Forest Trails Kiosk







WAG Trail at  
Hawkes Road,  
DEC Kiosk



Several systems (including) have come in recently with ticks that need to be removed after outdoor play. Please take a moment to check your children—and yourselves—after spending time outside, especially in grassy or wooded areas.

We're sharing this post from Allegany County with some helpful tips.

|                                                                                                                                                                                                                                                                                                                                                     |                                                                                                                                                                                                                          |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>health.ny.gov</p>                                                                                                                                                                                                                                                                                                                                | <p><b>Beware of Ticks!</b></p> <p>Over the last 10 years, the State has averaged more than 6,700 new cases of Lyme disease each year, with more than <b>8,000 cases</b> reported in 2019 alone.</p> <p>health.ny.gov</p> |
| <p><b>TICK BITE PREVENTION</b></p> <p>Prevent tick bites and possible infection, especially when hiking, working, or spending time in wooded or grassy areas.</p> <ul style="list-style-type: none"> <li>• Wear long pants and long sleeved shirts.</li> <li>• Keep long hair tied back, especially when gardening.</li> </ul> <p>health.ny.gov</p> | <p><b>TICK REMOVAL</b></p> <p>If a tick is found on the body, it should be removed immediately, preferably with fine point tweezers.</p> <p>health.ny.gov</p>                                                            |

Allegany County Department of Health

Submitted by Robert Mazzanti

April 20 at 7:00 PM · 48

If you garden, hike, camp, hunt, work or spend time outdoors - BE AWARE of ticks. Always do a tick check after coming indoors and remove ticks promptly... See more

Community Partners  
sharing our FB Post





WAG Trail at Mapes Road, DEC Kiosk

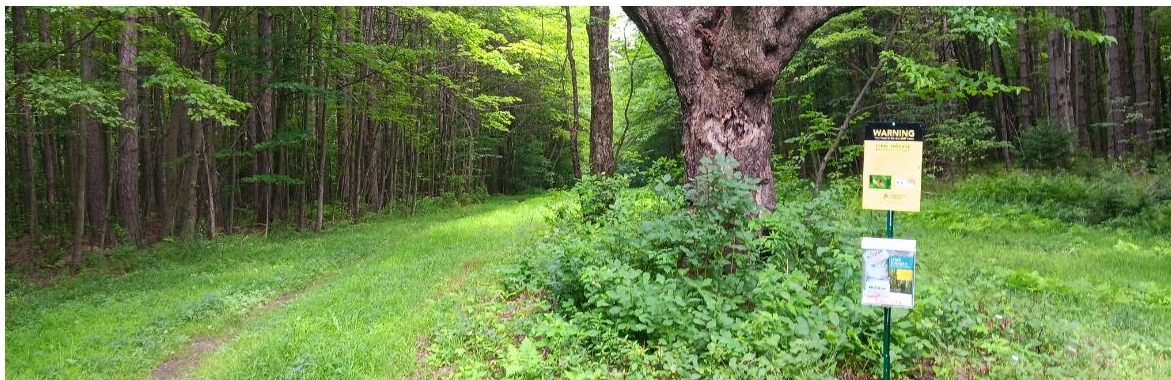


Jack Bridge DEC River Access Site

## Shongo DEC River Access Site







Phillips Creek State Forest Trail

11

TICK WARNING SIGNS INSTALLED

9

EDUCATION MATERIAL  
DISTRIBUTION BOXES



Houghton Forest Trails



Genesee Valley Greenway Trail in Belfast along Route 305



# Challenges



## Challenge #1

- ★ Grant interventions competed with our Community Health Survey Timeline



## Challenge # 2

- ★ Back-order of supplies



## Challenge # 3

- ★ Weather affected attendance at Allegany County Fair



## Challenge # 4

- ★ The educational need was vast due to the geography, uncovering more needs for educational opportunities than originally suspected

# Successes



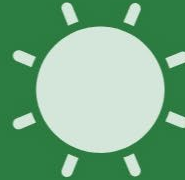
## Success #1

- ★ Developed new partners to aid us in our work to prevent Lyme disease and other tick-borne diseases in Allegany County



## Success # 2

- ★ Through assistance of NYSDOH, we were able to acquire list of supplies for tick-kits and purchase them at a lower cost than expected



## Success # 3

- ★ **We participated in more events than originally planned. Six instead of three**



## Success # 4

- ★ People were highly engaged during Tick Bite Prevention lessons and many shared their experiences with tick bites





# We Made Some Friends

While putting up our trail signage and Outdoor Brochure holders, we happened on to this wonderful group of women. Part of a local hiking program, they graciously took advantage of our Tick Repellant and Tick Removal Kits that we placed in our outdoor holders at the beginning of the trail!

Check out the  
appropriate  
hiking clothes!



# And some headlines!

Alfred  
Sun in  
Kansas  
City  
Howie  
Nasbet  
of Horvath  
took the  
Alfred Sun  
with him  
to the Elks  
National  
Convention  
in  
Kansas  
City to  
read!



**Inside THE ALFRED SUN**

|                                               |        |
|-----------------------------------------------|--------|
| Obits: George, Sandie, Chase, Horton          | 2      |
| Obits: Allen, Jolinger                        | 3      |
| Strange But True, Syde Remarks, Farmer's View | 4      |
| Kelly's Forecast, Fred Sinclair               | 5      |
| Brack, Scene About Alfred                     | 6      |
| Museum Family Day, Royal Court candidates     | 7      |
| Garden Bug, Upstart Gardener, Food Fest       | 8      |
| What's Cookin' Library News, UFO Landing      | 9      |
| Dead Transfers, County Fair opens July 14     | 10     |
| MostArts Festival Pull-Out                    | 11-14  |
| Cassidies, Legals                             | 15     |
| More Fun in the Sun                           | 16     |
| Zucchini 500 at Farmer's Market Sunday        | 17     |
| Years Ago in The Alfred Sun, Fun in Sun       | 18, 19 |
| Glory of America, Bible Trivia, Church News   | 20     |
| Newspaper Fun, Ocean Invertebrates            | 21     |
| Growing Up in Alfred, AU News                 | 22     |
| Alfred State news, Dugout continued           | 23     |
| The Dugout                                    | 24     |

## THE ALFRED SUN

Vacation Coming!  
No paper  
July 31 & Aug. 7

"A pretty darn good newspaper serving Alfred since Dec. 6, 1883"  
Of the Community. By the Community. For the Community.  
OFFICIAL NEWSPAPER OF ALLEGANY COUNTY, TOWNSHIP AND VILLAGE OF ALFRED AND ALFRED ALUMNI CENTRAL SCHOOL DISTRICT

Vol. 140, No. 28 Alfred, Allegany County, New York State, U.S.A. 14802 Thursday, July 10, 2022

### Eclipse of tintinnabulation...

Campaign underway to address silent campus carillon

By ABBY SEXSMITH  
Alfred Sun Summer Edition  
ALFRED—For almost 88 years, the Davis Memorial Carillon has stood proudly at Alfred University, enchanting the valley with upland tunes and haunting melodies that, when an evening breeze from the west, can be heard in the distance. But at the time, the instrument went silent.

Alfred University is working to change that. A campaign has started with Boone Gold, the Alfred University Advancement relationship manager, at the lead, working to restore music to the valley and repair the carillon.

"People seem really excited for it to be working again," Gold shared. "Campus changes with time, but the carillon was a beautiful thing that had lost to time. All alumni's experiences go back to 1937. But now we have lost that."

The campaign is still in its early "quiet phase" of asking for gifts from the community. There is no goal in money yet, but the campaign expects one soon after a long waiting period that started in October 2024.

The wait is for the company that specializes in carillon building and repair. Meeks and Watson, to gather information and survey and consolidate into a clear image of the carillon. The carillon is a complex instrument of fixed tones that is played by a person using a keyboard. The carillon is a complex instrument of fixed tones that is played by a person using a keyboard.

Many from Alfred University are working to change that. A campaign has started with Boone Gold, the Alfred University Advancement relationship manager, at the lead, working to restore music to the valley and repair the carillon.

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Installing Tick Signs with Girl Scouts!



very soonest, in a year and a half. But without the quotes, the campaign does not know.

### ALMOND COMMUNITY PARK Health Dept. launches 'Do the Trick, Avoid the Tick'

ALMOND—The Allegany County Department of Health (ACDHO) is pleased to announce the installation of educational signage at Almond Community Park in Almond, as part of the *Do the Trick, Avoid the Tick* program.

This initiative, funded by the New York State Association of County Health Officials (NYSACHO), aims to raise awareness about tick-borne disease prevention and encourage safe outdoor activities.

The signage installation at Almond Community Park is one of several efforts to educate the public on how to prevent tick bites and reduce the risk of tick-borne illnesses, such as Lyme disease. Additional signs will be placed in key outdoor recreation areas across the county, including:

- WAG Trail at Mapes Road
- Shoaght DFC River Access Site
- Jack Bridge River Access Site
- Phillips Creek State Forest Trail Kiosk
- Belfair-Genesee Valley Greenway State Park Trail Kiosk
- Houghton Forest Trails
- Camdena Town Park

The *Do the Trick, Avoid the Tick* program also participates in other community events throughout Allegany County.



Allegany County Health Department representative Miriam Plamini (front from left) and NYSACHO representative Danielle Pelloni (back from left), Ally Gohs, Katherina Hint and Anna Hint.

County. These events feature educational presentations on tick-borne disease prevention and the distribution of free tick kits.

Scouts from Girl Scout Troop 40672, accompanied by leaders Shelly Snyder and Lisa Gohs, in partnership with the Alfred Almond Community Sports Association, identified high-visibility locations for tick signage in Almond Community Park. These locations include the entrance to the Riverwalk Trail at the municipal parking lot on Martin Lane, the trailhead kiosk in the central parking area, and the concession stand bulletin board.

In addition to the signage, the girls installed a brochure box under the concession stand pavilion. This initiative shows our commitment to keeping Allegany County residents safe and informed, said Miriam Plamini, ACDHO spokesperson. We are grateful for the support of NYSACHO (New York State Association of County Health Officials) in helping us bring this important information to our community.

You can learn up on prevention tips and learn more about Lyme and other diseases carried by ticks by visiting [www.alleganycounty.org/health](http://www.alleganycounty.org/health) or by contacting the NYSACHO. For more information about the program or the NYSACHO grant, please contact Robert Matuschak at the Allegany County Department of Health at 363-5343.

\$2  
Subscriber  
\$4/year  
See Page 2







## *Lessons Learned*

While working to get the word out that Tick-borne illnesses **CAN** be prevented (as we enjoy the outdoors)

- ✓ Wear Insect Repellant when installing tick warning signs
- ✓ Placemat had an error in the crossword puzzle - conduct additional reviews of material
- ✓ Tick Bite Prevention education is a desired topic in Allegany County



# Contact Us

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(585) 268-9437



[facebook.com/realAlleganyCountyDOH](https://facebook.com/realAlleganyCountyDOH)



Rob explaining  
tick warning signs  
and how to  
request additional  
brochures

