




North Brookfield

Earth Day

April 22, 2017

Saturday

- ◆ **8am-9am** FREE Pancake breakfast at the NB Senior Center, 29 Forest Street. Black bags and gloves to be distributed. Food donated/prepared by the Hayden Masonic Lodge.
- ◆ **9am-2pm** Roadside trash pickup; highway department open for disposal. Larger dump truck for bagged trash; smaller for bagged recyclables.
- ◆ **Free Arbor Day trees** given at Highway Department
- ◆ **9am-12pm** Haston Library: Earth Day Related Book Walk and face painting at the Haston Library Children's Room.
- ◆ **All day** Hike Wendemuth Meadow (Bates St.) and NB Town Forest (W. Brookfield Rd).



DO NOT TOUCH
ANY NEEDLES YOU MAY FIND
WHILE CLEANING UP TRASH

Needles should NOT be picked up
without the correct protective
equipment and training.

Call the NBPB
508-867-0206

- Flag the needle
- Provide location

DISCARDED NEEDLES

- Avoid the plants. Learn how to identify poison ivy, poison oak and poison sumac in all seasons.
- Wear protective clothing. If needed, protect your skin by wearing socks, boots, pants, long sleeves and vinyl gloves.
- Wash your skin or your pet's fur. Within 30 minutes after exposure, use soap and water to gently wash off the harmful resin from your skin. Scrub under your fingernails too. This helps prevent a rash. Even washing after an hour or so can help reduce the severity of the rash.
- Apply a barrier cream. Try over-the-counter skin products that are intended to act as a barrier between your skin and the oily resin that causes poison ivy rash.

Leaves are red and shiny in the spring

POISON IVY

Repel Ticks with DEET or Permethrin
Use repellents that contain 20 to 30% DEET (N, N-diethyl-m-toluamide) on exposed skin and clothing for protection that lasts up to several hours. Parents should apply this product to their children, avoiding hands, eyes, and mouth. Use products that contain permethrin on clothing, boots, and socks.

Find and Remove Ticks from Your Body
Bathe or shower as soon as possible after coming indoors (preferably within two hours) to wash off and more easily find ticks. Parents should check their children for ticks under the arms, in and around the ears, inside the belly button, behind the knees, between the legs, around the waist, and especially in their hair.

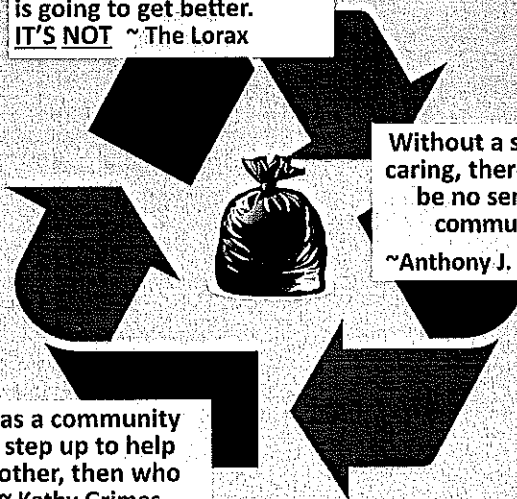
Tumble dry clothes in a dryer on high heat for 10 minutes to kill ticks on dry clothing after you come indoors. If the clothes are damp additional time may be needed.

TICKS

GET INVOLVED

- ◆ Take Ownership of your street
- ◆ Create a team or join one
- ◆ Earn volunteer hours (students)

Unless someone like YOU
cares an awful lot, nothing
is going to get better.
IT'S NOT ~ The Lorax



Without a sense of
caring, there would
be no sense of
community.
~Anthony J. D'Angelo

If we as a community
don't step up to help
each other, then who
will? ~ Kathy Grimes

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