

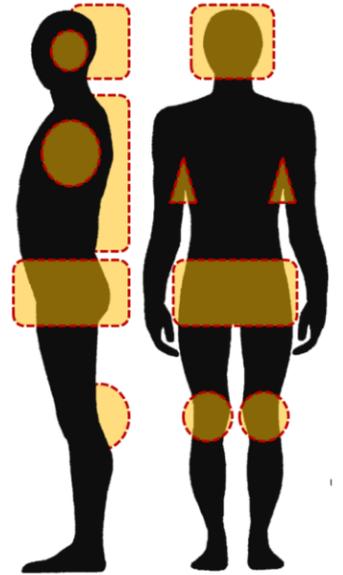
# Tick Bite Prevention in Michigan's Outdoors



## How to prevent tick bites when hiking and camping

Ticks can spread disease, including Lyme disease. Protect yourself:

- 🐛 Use insect repellent that contains 20 - 30% DEET.
- 🐛 Wear clothing that has been treated with permethrin.
- 🐛 Take a shower as soon as you can after coming indoors.
- 🐛 Look for ticks on your body. See the image to the right for areas that ticks tend to bite.
- 🐛 Put your clothes in the dryer on high heat for 60 minutes to kill any remaining ticks.



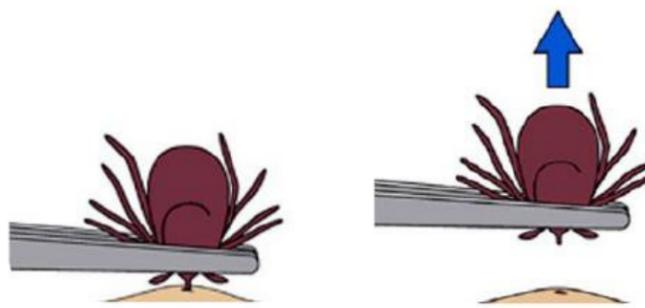
*Feel for bumps and look for tiny brown spots, especially in these areas:*

- |          |                 |                 |                    |
|----------|-----------------|-----------------|--------------------|
| 1. Scalp | 3. Underarms    | 5. Waist & Back | 7. Pelvic Area     |
| 2. Ears  | 4. Belly Button | 6. Behind Knees | 8. In Between Legs |

## How to remove a tick

1. If a tick is attached to you, use fine-tipped tweezers to grasp the tick at the surface of your skin.
2. Pull the tick straight up and out. Don't twist or jerk the tick—this can cause the mouth parts to break off and stay in the skin. If this happens, remove the mouth parts with tweezers if you can. If not, leave them alone and let your skin heal.
3. Clean the bite and your hands with rubbing alcohol, an iodine scrub, or soap and water.
4. You may get a small bump or redness that goes away in 1-2 days, like a mosquito bite. This is not a sign that you have Lyme disease.

**Note:** Do not put hot matches, nail polish, or petroleum jelly on the tick to try to make it pull away from your skin.

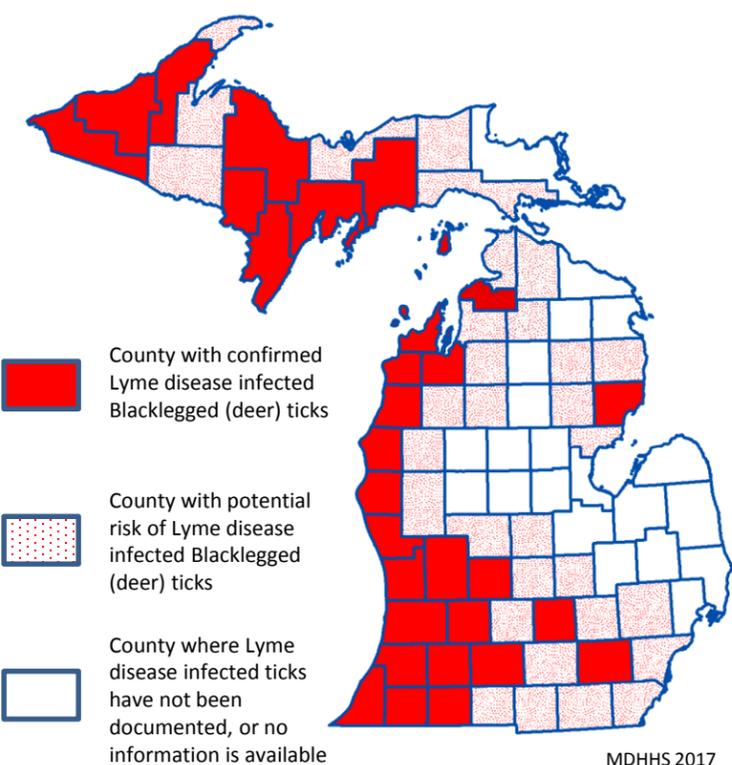


*Removing ticks promptly (within 24 hours of attachment) can greatly reduce your risk for tick-borne disease.*

## When to see your doctor

See a doctor if you develop a fever, a rash, severe fatigue, muscle or joint pain, or facial paralysis within 30 days of being bitten by a tick. Be sure to tell your doctor about your tick bite. If you have these symptoms and spent time outdoors where ticks may be found, it is important to get treatment right away.

For more information about Lyme disease, visit [www.michigan.gov/lymedisease](http://www.michigan.gov/lymedisease) or [www.cdc.gov/lyme](http://www.cdc.gov/lyme)



The map above shows areas in the state where the tick that transmits Lyme disease has been found. Preventing tick bites is the best way to prevent disease.



For more information please contact the Michigan Department of Health & Human Services  
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