

## SPRING HAS SPRUNG AND SO HAS TICK SEASON

April 24, 2020 – As the weather becomes nicer and we head outdoors to enjoy nature, District Health Department #10 (DHD#10) reminds you to exercise proper precautions to prevent tick bites. Ticks are beginning to awaken from dormancy, increasing the risk of human-tick interactions.

Proper precautions include:

- Using repellent that contains 20% or more DEET, picaridin, or IR3535 on exposed skin for protection that lasts several hours
- Wearing clothing that has been treated with permethrin
- Looking for ticks on your body
- Putting your clothes in the dryer on high heat for 60 minutes to kill any remaining ticks
- Taking a shower as soon as you can after coming indoors

Questions regarding ticks and other vectors should be directed to DHD#10's Environmental Health Division at 888-217-3904.

Additional information regarding ticks and Lyme disease can be found here:

- [DHD#10- Don't let ticks make you sick!](#)
- [MDHHS- Emerging Disease Issues- Lyme Disease](#)
- [MDHHS- Ticks](#)
- [CDC- Lyme Disease](#)
- [MDHHS- Tick Bite Prevention in Michigan's Outdoors](#)

### About DHD #10

District Health Department #10 (DHD #10) is Michigan's largest geographical health department, mandated to promote and protect the public from unsafe and hazardous conditions and provide methods of promoting good health and disease prevention. Some of the vital programs provided by DHD #10 include Immunizations, Infectious Disease Control, STI Testing and Counseling, WIC, Maternal Infant Health Program, Healthy Families Northern Michigan, Children's Special Health Services, Hearing and Vision Screening, Family Planning, Cancer Screening, Worksite Wellness, Smoking Cessation, Substance Use Prevention, Chronic Disease Prevention, and Environmental Health Services. DHD #10 serves Crawford, Kalkaska, Lake, Manistee, Mason, Mecosta, Missaukee, Newaygo, Oceana, and Wexford counties. For more information, visit [www.dhd10.org](http://www.dhd10.org).

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#### COUNTIES SERVED:

Crawford  
Kalkaska  
Lake  
Manistee  
Mason  
Mecosta  
Missaukee  
Newaygo  
Oceana  
Wexford



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