



DHD#10 SHARES PRECAUTIONS FOR INDIVIDUALS TO PREPARE FOR OVERABUNDANT TICK SEASON

June 3, 2021 – Areas across Michigan, including Northern Michigan, are seeing an explosion of tick activity this year. As the weather becomes nicer and people head outdoors to enjoy nature, District Health Department #10 (DHD#10) reminds everyone to exercise proper precautions to prevent human-tick interactions.

Proper precautions include:

- Being aware of your surroundings. Most tick encounters happen in shady, moist wooded and grassy areas and fields near wooded areas.
- Applying EPA-registered insect repellent that contains 20% or more DEET, picaridin, or IR3535, to skin or clothing according to label's instructions.
- Wearing clothing that has been treated with permethrin.
- Walking in the center of trails and avoid walking in areas with tall grass and brush.
- Conducting a full-body check of yourself and your pets for ticks after spending time outdoors.
- Drying clothing on high heat for 60 minutes to kill any remaining ticks.
- Taking a shower as soon as you can after coming indoors.
- Talking to your vet about tick bite prevention products for your pets.

Michigan also offers tick identification resources to residents and visitors for free. Physical ticks can be placed in a container and mailed to MDHHS, or photos may be submitted to MDHHS-Bugs@michigan.gov

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:

- [MDHHS- Emerging Disease Issues- Lyme Disease](#)
- [MDHHS- Ticks](#)
- [MDHHS- Instructions for Tick Submission](#)
- [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.



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