

## DHD#10 SHARES TICK PREPAREDNESS TIPS

June 8, 2023 – District Health Department #10 (DHD#10) is reminding everyone to exercise proper precautions to prevent human-tick interaction.

Areas across Michigan, including Northern Michigan, generally see an increase in tick activity once the weather becomes nicer and people head outdoors to enjoy nature. “Tick-borne diseases, like Lyme disease and anaplasmosis, are on the rise state-wide,” said Michael Kramer, DHD#10 Environmental Health Director.

To decrease your chances of getting bitten by a tick, take these precautions:

- 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

For more information about ticks, please visit:  
<https://www.michigan.gov/mdhhs/safety-injury-prev/environmental-health/topics/mitracking/ticks>.

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



### MEDIA CONTACT

Nicholas Eckhart  
Public Information Officer  
O: 616-500-0246  
C: 575-405-9082  
E: neckhart@dhd10.org



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