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MCHD HEALTH BLOG

The greatest wealth of a community is the health of the people.



Public Health
Prevent. Promote. Protect.
MORGAN COUNTY HEALTH DEPT.



PROTECT YOURSELF FROM TICKS

Summer is in full swing and Morgan County is full of beautiful wooded areas and grassy fields for us all to enjoy! While we encourage everyone to get out and enjoy all that Morgan County has to offer this summer, we would also like to remind you to check yourself, your family members and your pets for ticks after your outdoor adventures. This is more important than ever as tickborne diseases have been on the rise with a 35-fold increase in reported Lyme disease cases in Ohio over the past thirteen years.

Help protect your family against ticks by treating your clothing and gear before heading outside. 0.5% Permethrin can be used to treat boots, clothing and camping gear and remains protective through several washings. When choosing insect repellents to protect exposed skin, check to make sure it has been registered by the U.S. Environmental Protection Agency (EPA) and follow all directions on the product label. Do not use products containing Oil of Lemon Eucalyptus or para-menthane-diol on children under 3 years old.

If you find a tick attached to your skin, simply remove the tick as soon as possible. Follow these basic instructions from www.cdc.gov/ticks to remove a tick:

1. Use clean, fine-tipped tweezers to grasp the tick as close to the skin's surface as possible.
2. Pull upward with steady, even pressure. Don't twist or jerk the tick; this can cause the mouth-parts to break off and remain in the skin. If this happens, remove the mouth-parts with tweezers. If you cannot remove the mouth easily with tweezers, leave it alone and let the skin heal.
3. After removing the tick, thoroughly clean the bite area and your hands with rubbing alcohol or soap and water.
4. Never crush a tick with your fingers. Dispose of a live tick in one of the following four ways: put it in alcohol, place it in a sealed bag/container, wrap it tightly in tape, or flush it down the toilet.

If you get a tick bite and develop any of the symptoms below within 30 days, be sure to call your healthcare provider:

- Rash
- Fever
- Fatigue
- Headache
- Muscle pain
- Joint swelling and pain

If you'd like more information about tick-borne diseases and how you can keep your family safe, visit <https://morganpublichealth.org/tickborne-diseases-in-ohio/>.