



## Dickinson-Iron District Health Department

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### NEWS RELEASE

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**FOR IMMEDIATE RELEASE**

### Tick Bites and Lyme Disease Prevention

Kingsford and Iron River, Michigan – March 11, 2024. The Dickinson-Iron District Health Department would like to share some helpful ways to avoid tick bites. When people are in wooded and brushy areas with high grass and leaf litter, have them wear a light-colored long sleeve shirt, light-colored long pants and closed-toe shoes. Use insect repellent that contains DEET. Make sure to apply to your clothing and skin according to the label directions. After being outside, check your skin, groin, scalp, neck, under the arms, and behind the ears.

How to remove a tick:

1. If a tick is attached to you, use fine-tipped tweezers to grasp the tick as close to the skin surface as possible.
2. Pull the tick straight up and out with even pressure. Don't twist or jerk the tick—this can cause the mouth parts to break off and stay in the skin.
3. Clean the bite and your hands with rubbing alcohol or soap and water.
4. Your skin 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.

Removing ticks within 24-35 hours of attachment can greatly reduce your risk for tick-borne disease.

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