

Tick-borne Illness

HOW TO PREVENT TICK BITES

Protect Yourself Outdoors

- Wear long sleeves and long pants.
- Tuck pants into socks.
- Wear light-colored clothing to spot ticks more easily.
- Walk in the center of trails; avoid brushing up against tall grass.

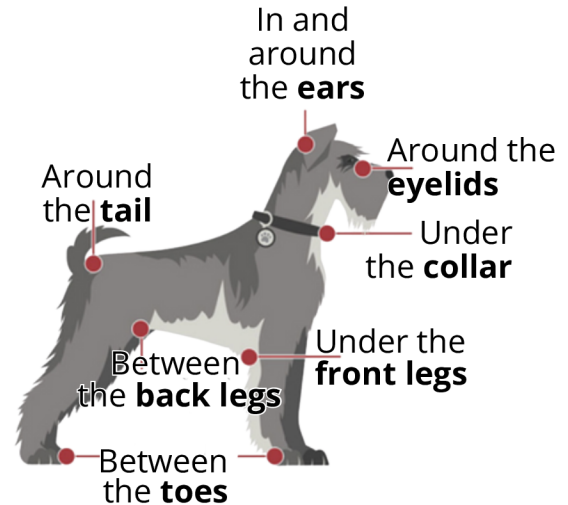
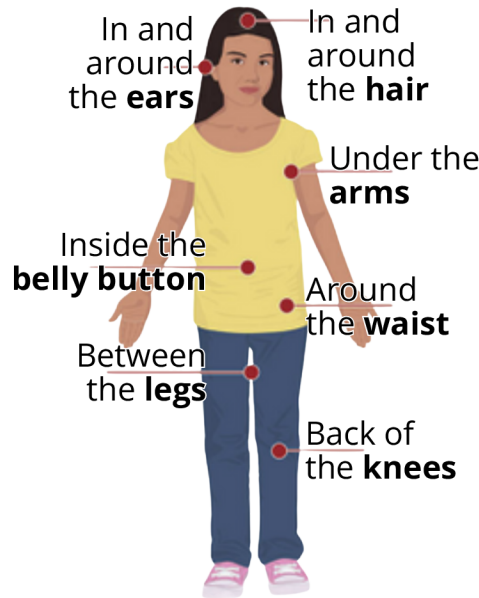
Use Tick Repellent

- Apply insect repellents to exposed skin before outdoor activities. Use repellents that contain one of the following ingredients: DEET, picaridin, IR3535, lemon or eucalyptus oils, or 2-undecanone.
- Treat clothing and outdoor gear with permethrin.

Check for Ticks

After spending time outdoors:

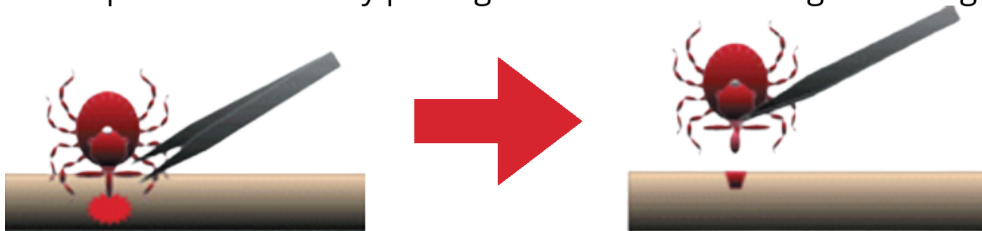
- Check your whole body, including scalp, armpits, behind knees, and waistline. Check children and pets.
- Shower soon after coming inside to wash off unattached ticks.



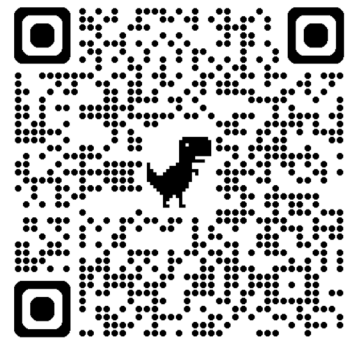
HOW TO REMOVE A TICK

If you find a tick on your skin:

1. Use fine-tipped tweezers.
2. Grasp the tick close to the skin.
3. Pull upward steadily - don't twist or crush the tick.
4. Clean the bite area with soap and water or alcohol.
5. Dispose of the tick by placing it in alcohol or sealing it in a bag.



MORE INFORMATION



michigan.gov/ticks



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