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Spring seasonal tick awareness notice

The arrival of spring leads to an increase in outdoor activities, and with it an increased risk of human-tick interactions. Annually, ticks begin to wake from winter dormancy with mild spring weather. With the recent warmer weather, many residents have begun seeing an increase in ticks.

The Benzie-Leelanau District Health Department wants to educate residents on ways to prevent tick bites before they head outside to enjoy northern Michigan's spring. It is important to be prepared as tick encounters increase the chance of [tick-borne diseases](#) such as Lyme Disease, Anaplasmosis, Ehrlichiosis, and Babesiosis.

As you begin taking time to get outside, whether walking, hiking, running, cycling, gardening, or landscaping, the proper precautions include:

- Use repellent that contains 20 percent or more DEET, picaridin, or IR3535 on exposed skin for protection that lasts several hours.
- Wear clothing that has been treated with permethrin.
- Look for ticks on your body.
- When coming in from outdoors, put your clothes in the dryer on high heat for 60 minutes to kill any remaining ticks.
- Take a shower as soon as you can after coming indoors.
- [Check pets](#) thoroughly for ticks after they spend time outdoors. If you find a tick, remove right away. Talk to your veterinarian about tick prevention.

Questions regarding ticks and other vectors in Benzie and Leelanau counties should be directed to the Health Department's Environmental Health Division at 231-882-4409. Health related questions should be directed to the Michigan Department of Health and Human Services at 800-648-6942.

Additional information regarding ticks and Lyme disease can be found here:

- [Lyme Disease - MDHHS](#)
- [Ticks, Lyme Disease - MDHHS](#)
- [Lyme Disease - CDC](#)
- [Tick Bite Prevention in Michigan's Outdoors - How to prevent and remove - MDHHS](#)
- [Tick ID, Tick-borne Diseases - CDC](#)
- [Tick Bites - Prevention and Removal - CDC](#)

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