



# Florence County Health Department

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## NEWS RELEASE

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## Fight The Bite

### *Take steps to prevent getting sick from ticks*

Thousands of Wisconsinites are diagnosed with Lyme disease every year. Lyme disease is the most common, but not only, illness spread by ticks. In 2020, Wisconsin had an estimated 3,076 cases of Lyme disease. Other diseases spread by ticks, include anaplasmosis, babesiosis, and more rarely Powassan virus and Rocky Mountain spotted fever.

Many people who get sick from an illness spread by ticks don't remember getting a tick bite. The most common symptoms of a tick spread illness include fever, rash, headache, body aches and fatigue. Individuals who are experiencing any of these symptoms and think they may have been bitten by a tick, should call their doctor to discuss testing for a tick spread illness. Most of the illnesses above can be treated through a course of antibiotics.

Tick bites are preventable. When spending time outdoors, follow these simple steps to protect yourself and your family members from tick bites:

### **BEFORE GOING OUTDOORS**

- Use an insect repellent with at least 20% DEET or another [EPA-registered repellent](#) according to the label instructions.
- Use 0.5% permethrin products on clothing, socks, and shoes according to label instructions.
- Wear long sleeves and pants, and tuck pants into socks and shirts into pants to avoid ticks crawling under clothing.
- Use a veterinarian-prescribed tick prevention treatment on pets.

### **WHILE OUTDOORS**

- Walk in the center of trails and do not brush up against plants on the edge of trails.
- Avoid wooded and brushy areas with tall grass and leaves.

## AFTER BEING OUTDOORS

- Check your entire body for ticks. Have someone check areas that you cannot see.
- Take a shower as soon as possible after coming in from outdoors.
- Place clothes in the dryer on high heat for 10 minutes to kill any ticks on clothing.

Keep a look out for the Florence County Health Department's *Fight The Bite* tick kits around town. These tick removal kits were assembled and placed in the community by National Honor Society Students at Florence County Highschool. These kits include, bandages, alcohol wipes, insect repellent wipes, tweezers and a mini plastic bag (to place the tick in after it is removed for identification). These kits are located in Florence at Krist, BP, the Bait Shop, the Visitors Center, and in Aurora at the Stephenson Co-Op for a \$1.00 fee.

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