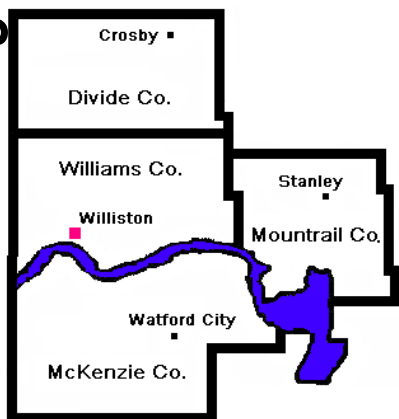


Upper Missouri District Health Unit

"Your Public Health Professionals"



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NEWS RELEASE

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With Spring Comes Ticks and the Diseases They Spread

Upper Missouri District Health Unit (UMDHU) wants to remind people that with temperatures warming up one of North Dakota’s more annoying pests will be returning bringing with it diseases that can be serious. Ticks in ND can be carriers of Lyme Disease, Rocky Mountain Spotted Fever, Tularemia, Babesiosis, Anaplasmosis and Ehrlichiosis.

The best way to protect yourself from disease is to protect yourself from ticks.

- Wear light-colored clothing to make the ticks easier to see.
- Wear long pants, and tuck the legs into your socks or boots.
- Keep your shirt tucked in.
- Apply insect repellent that contains DEET to your clothes and exposed skin. Always follow label directions. (Repellents that contain permethrin should be used only on clothing.)

Ticks live in heavily wooded, tall grass or brushy areas waiting until an animal or a person brushes against them. “It is important to remove and wash all clothing as soon as you are back from being in tick prone areas. Then check carefully for ticks, said Daphne Clark, Environmental Health Practitioner, UMDHU. Use tweezers to remove any ticks that have attached to your body by grabbing the tick as closely to your skin as possible and gently pulling. Wash the area of the tick bite and your hands.”

After a tick bite if you fall ill with symptoms of fever and chills, headache, fatigue, muscle aches, rash or joint pain contact your physician. Tick borne illnesses can be serious and early treatment is key to preventing complications.

For further information call the Upper Missouri District Health Unit 701-774-6400, 1-877-572-3763 or visit our website at www.umdhu.org