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FOR IMMEDIATE RELEASE

July 12, 2023
It's Tick Season

Enjoying time outdoors with family and friends is a big part of summertime fun. Don't let tick bites ruin that fun, learn how to protect you and your family from ticks.

According to the Missouri Department of Conservation, the three most common ticks in Missouri are the Deer Tick (Blacklegged Tick), the Lone Star Tick, and the American Dog Tick. Ticks can carry diseases such as Alpha-Gal, Lyme Disease, and Rocky Mountain Spotted Fever. The best way to prevent getting these diseases is to avoid getting bitten.

Here are some tips to help you avoid tick bites:

- Avoid outdoor areas with tall grass, brush, or trees
- Wear long sleeve shirts, pants, and tuck your pant legs into your socks when out hiking
- Use repellents like DEET, and Picaridin on your skin or Permethrin on your clothing
- Check yourself for ticks as soon as possible after being outside

Here are some tips to remove a tick:

- Use fine tipped tweezers or a tick remover to remove the tick as soon as possible
- Grasp the tick as close to the skin's surface as possible
- Pull the tweezers upwards, do not twist or pull
- Wash the area of the bite thoroughly with rubbing alcohol or soap and water
- Watch for signs such as rashes or flu-like symptoms, and see your doctor immediately if you experience any of these

Ticks are active year around, even in the winter months. Be informed about ticks and be tick smart all year round. For more information on ticks, visit <https://www.cdc.gov/ticks>

For more information contact the Taney County Health Department at 417-334-4544, visit our website at www.taneycohealth.org, or like our FaceBook, Instagram and Pinterest pages.

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As a leader in health, the Taney County Health Department serves Taney County residents and visitors in their pursuit of a healthy lifestyle and environment. The Taney County Health Department's mission is to create a healthy and safe community for people to live, work, and play, today and in the future. Caring, serving, and protecting Taney County since 1961. Please visit our website www.taneycohealth.org to learn more about our services.