



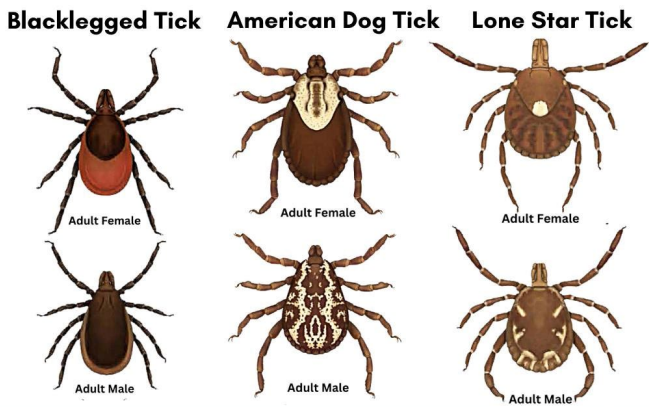
# 2023 NORTH SHORE HEALTH DEPARTMENT HEALTHY HIGHLIGHTS

Serving the communities of Bayside, Brown Deer, Fox Point, Glendale, River Hills, Shorewood and Whitefish Bay

## May 24, 2023: Lyme Disease Awareness Month

Ticks are known to carry dangerous diseases, with Lyme disease being one of the most prevalent. In Wisconsin, there are three tick species that spread disease, including deer ticks (also known as black-legged ticks), American dog ticks, and Lone Star ticks. Deer ticks are the primary carriers of Lyme disease in the region and nearly all illnesses spread by ticks in Wisconsin are caused by the deer tick. These tiny parasites thrive in wooded and grassy areas, waiting to attach themselves to unsuspecting hosts. On the other hand, American dog ticks are more commonly found in open fields and grassy areas. Although they are not typically associated with Lyme disease, they can transmit other diseases like Rocky Mountain spotted fever.

### DO YOU KNOW YOUR TICKS?



Learn more:

[dhs.wisconsin.gov/tick/bite-prevention.htm](https://dhs.wisconsin.gov/tick/bite-prevention.htm)



Prevention is the key to avoiding tick bites and the potential complications that can arise from tick-borne diseases. Here are some essential tips to protect yourself:

- Wear appropriate clothing: When venturing outdoors, especially in wooded areas, wear long-sleeved shirts, long pants, and closed-toe shoes. Tucking your pants into your socks adds an extra layer of protection.

- Use insect repellents: Apply an EPA-approved insect repellent to exposed skin and clothing. Look for products containing DEET, picaridin, or permethrin, which are effective against ticks.
- Perform regular tick checks: After spending time outdoors, carefully examine your body for ticks. Pay close attention to areas such as the scalp, behind the ears, under the arms, inside the belly button, around the waist, and the back of the knees.
- Proper tick removal: If you find a tick attached to your skin, remove it promptly and correctly. Use fine-tipped tweezers to grasp the tick as close to the skin's surface as possible. Pull upward with a steady and even pressure, avoiding twisting or jerking motions.

By staying vigilant and informed, you can reduce the risk of tick bites and the associated diseases. Remember to educate your friends and family about the importance of tick awareness and prevention.

Learn more about ticks on the [WI DHS website](#).

**Gear up for a responsible and fun boating season with National Safe Boating Week!** Make sure everyone wears a U.S. Coast Guard approved, properly fitting life jacket while boating. Check out the [WI DNR website](#) for more life jacket safety tips.



### RESOURCES AND REFERENCES

1. <https://www.dhs.wisconsin.gov/tick/wisconsin.htm>