

July 2021

HORIZON



Public Health
Prevent. Promote. Protect.

Mission:

Our mission is to work in partnership with individuals and communities in creating an environment that promotes the health and well-being of all people in Douglas, Grant, Pope, Stevens and Traverse Counties.

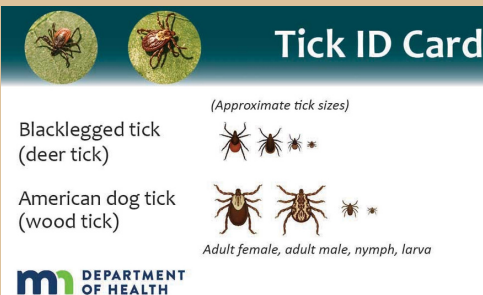
THE INSTALLMENT

It is a Tick-y Year out there!

Anyone who spends time outdoors, including the backyard, is at risk for tick bites. Ticks live in places with a lot of tall grass, shrubs, and leaves. But can also be found in your backyard.

To avoid tick bites:

- Check for ticks when you have been outside.
- Take a shower.
- Avoid walking through thick brush and grass.
- Wear protective clothing and tuck pants into boots or socks.
- Use repellents like DEET or permethrin.



Ticks can transmit serious and potentially fatal diseases like Lyme disease, Rocky Mountain spotted fever and tularemia. Many of these illnesses can be treated effectively when caught early, so see your doctor right away if you have a fever, rash or flu-like symptoms after being in an area where ticks might live.

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