

Enjoy the Warm Weather While Avoiding Ticks and Mosquitos!

(Allegan, MI)- Summer is fast approaching. With temperatures warming and people spending more time outdoors, it's important to know how to protect yourself from pesky ticks and mosquitos.

The Allegan County Health Department (ACHD) encourages residents to take action to prevent diseases caused by ticks and mosquitoes when exploring the outdoors. These include [Eastern Equine Encephalitis](#) (EEE), [Lyme Disease](#), and [West Nile Virus](#) (WNV). Prevention is the best way to protect yourself and your family.

Prevent tick bites by:

- Avoiding tick-infested areas and clearing high grass, brush, and leaf litter around your home.
- Using [DEET](#)-containing insect repellents (Do not use on children under 2 months of age).
- Wearing light-colored, long-sleeved shirts, long-legged pants, closed-toe shoes, and spraying clothes with [permethrin](#)-containing repellent.
- Performing daily [tick checks](#).
- Checking pets for ticks when they have been outside.
- Putting your clothes in the dryer on high heat for 60 minutes to kill any remaining ticks.

Prevent mosquito bites by:

- Using insect repellents. For children, apply products with less than 30 percent DEET.
- Wearing long-sleeved shirts and long-legged pants and spraying clothes with [permethrin](#)-containing repellent.
- Emptying standing water from around your home regularly. Standing water can be found in flowerpots, gutters, buckets, pool covers, pet water dishes, discarded tires, and birdbaths.
- Installing or repairing screens on windows and doors to keep mosquitoes outside. Use air conditioning if possible.

Learn more about [emerging diseases](#) and [how to remove a tick](#). If you have had a tick attached for 24 hours or more, identify the tick and then consult with your medical care provider. To submit a tick for testing and identification, contact the [ACHD](#) at (269) 686-4551.