



Public Health
Prevent. Promote. Protect.

JO DAVIESS COUNTY HEALTH DEPARTMENT

9483 US RT. 20 WEST • P. O. BOX 318 • GALENA, ILLINOIS 61036 • (815) 777-0263

Prevention is key in fight against tick-borne disease.

Tick-borne diseases are on the rise and prevention should be on everyone's mind, particularly during the spring, summer, and early-fall when ticks are most active. From May through July, people will get more tick bites and tick-borne diseases than any other time of the year in the United States. It's especially important to take steps to protect yourself and your loved ones (including pets) from ticks.

Potential tick borne disease includes: Lyme Disease, Rocky Spotted Mountain Fever, Stari, Anaplasmosis/ Ehrlichiosis, Babesiosis and Powassan Virus. You can find of each disease more information including symptoms of disease and treatment at: www.cdc.gov

There is a large population of black legged ticks also known as deer ticks in Jo Daviess County. They are known to carry: Lyme disease, Anaplasmosis/Ehrlichiosis, Babesiosis and Powassan Virus.

Taking steps to protect yourself and your family from getting a tick bite is the best defense against acquiring tick-borne disease. Whether you're working outdoors, enjoying your yard, camping, hiking, hunting or otherwise in the outdoors, CDC recommends that people:

Avoid areas with high grass and leave litter and walk in the center of the trails when hiking.

Wear long sleeves and pants when walking in woods and fields.

Wear light colored clothing to help spot ticks.

Use repellent that contains 20 percent or more DEET, picaridin, or IR3535 on exposed skin for protection.

Use products that contain permethrin to treat clothing and gear, such as boots, pants, socks and tents or look for clothing pre-treated with permethrin.

Treat dogs for ticks. They may bring ticks into your home.

Bathe or shower as soon as possible after coming indoors to wash off and more easily find crawling ticks before they bite you.

Conduct a full-body check using a hand-held or full length mirror to view all parts of your body. Parents should help children check thoroughly for ticks. Remove ticks right away using a tweezers, by grasping the tick near the mouth as close as possible to your skin. Gently pull the tick in a steady, upward motion. Wash the area with soap and water. Watch the site for signs of infection.

Tumble dry clothes in a dryer on high heat for 10 minutes to kill ticks on dry clothing after you come indoors. If the clothes are damp, additional time may be needed.

Please contact the Jo Daviess County Health Department with any questions you may have at 1-815-777-0263.

