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Preventing Tick Bites and Tickborne Diseases

NORWALK, Ohio— It's that time of year to enjoy the outdoors, but don't let a tick hitch a ride home with you. As temperatures rise and outdoor activities increase, so does the risk of tick bites and tickborne diseases. Huron County Public Health (HCPH) encourages residents to take simple precautions to protect themselves, their families, and their pets from ticks. Learn the signs of tickborne illness and practice these prevention tips before heading outside:

Protect Against Tick Bites

- **Wear proper clothing:** wearing long pants, long sleeves, and long socks or tucking your pant legs into socks or boots and tucking your shirt into your pants will help keep ticks outside of your clothing.
- **Use tick repellent:** use a U.S. Environmental Protection Agency (EPA)-registered insect repellent on exposed skin. For clothing and gear such as boots, pants, socks, tents, use repellent products containing at least 0.5% permethrin.
- **Avoid common areas where ticks live:** this includes wooded and brushy areas with high grass and leaf litter. Instead, walk in the center of the trails and take extra precautions in spring, summer, and fall when ticks are most active. But please note that ticks can be active year-round.



Nicole Marks, MPH
Health Commissioner

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Check for Ticks

- **Examine gear and pets:** it is not uncommon for ticks to enter the home via pets and gear/equipment and then attach to a person.
- **After returning indoors:** take a shower or a bath as soon as possible and conduct a head-to-toe check of your body, checking under your arms, in and around the ears, inside the belly button, behind the knees, between the legs, around the waist, and in your hair & scalp.

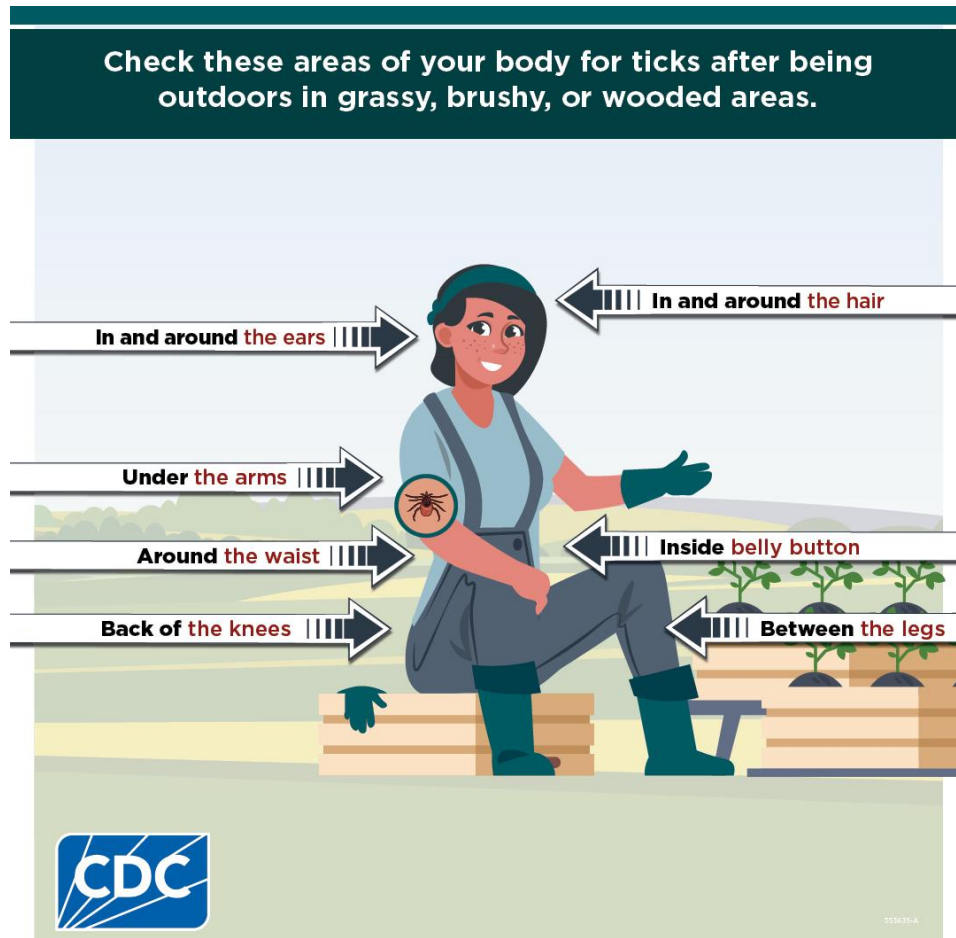


Image Credit: [CDC Tick Communication Resources](#)

- **Place clothing in dryer:** tumble dry clothes in a dryer on high for 10 minutes to kill ticks on dry clothing. If clothes require washing first, it is recommended to use hot water.

If Ticks are Found and Require Removal from a Person or Pet

- **Use the proper tool:** fine-tipped tweezers work best to grasp the tick as close to the surface of the skin as possible.
- **Use the proper technique:** use steady, even pressure when pulling away and pull the tick straight up and out; do not twist or jerk the tick as this may cause parts of the mouth to break off into the skin. Do not use a hot match, cigarette, nail polish, petroleum jelly, or other products to remove a tick. The Centers for Disease Control and Prevention (CDC) explains the safe and proper way to remove a tick: <https://www.cdc.gov/ticks/after-a-tick-bite/index.html>.

If Bitten by a Tick, Watch for Symptoms of Potential Tickborne Diseases

Several tickborne diseases can have similar signs and symptoms including fever, chills, body aches and pains, and the appearance of a rash. The most common tickborne disease is Lyme Disease. Although most mild symptoms of tickborne disease can be treated at home, if you have been bitten by a tick and start exhibiting symptoms listed above, it is recommended that you notify your healthcare provider.

Although Lyme Disease is the most common, there are various pathogens that ticks can carry in the United States that may cause human disease: <https://www.cdc.gov/ticks/about/>.

More Information & Resources

The following resources are readily available:

- [The Bite Site | OSU Knowledge Exchange](#)
 - The Ohio State University's free resource guide to ticks, mosquitoes, bed bugs and other biting pests. This resource explains species of ticks/mosquitoes/bed bugs in Ohio, safety tips, and more.
- [The Buckeye Tick Test | The Ohio State University](#)
 - The Ohio State University has a resource called the Buckeye Tick Test that allows individuals to submit a tick for testing. Individuals get visit the link above to order and purchase a tick ID slip to mail the tick in for testing.

HCPH also shares information on summer-related safety tips on our social media platforms: Facebook, Instagram, and X: @HuronCoHealth.

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