

Mid-Michigan District
HEALTH DEPARTMENT

CLINTON • GRATIOT • MONTCALM

Mid-Michigan District Health Department
BOARD OF HEALTH
Healthy Living Recommendation

June

Be on the lookout for ticks!

Ticks can transmit Lyme disease and are often found in woods and long grass. Protect yourself: use insect repellent; wear enclosed shoes, long pants and a long-sleeved shirt. When you get home, check for

ticks and remove any you find. If you develop a rash or fever, contact your doctor.

