

Department of Conservation and Recreation

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FOR IMMEDIATE RELEASE:

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DCR Advises Campers to Protect Themselves Against Ticks

BOSTON – DCR has issued the following advisory to campers visiting agency campgrounds:

The Department of Conservation and Recreation would like to remind campers that it's the middle of tick season and campers should safeguard themselves and their loved ones.

Ticks are bugs that feed on the blood of mammals, birds, or reptiles. Black-legged (deer) ticks and dog ticks are found throughout Massachusetts and may spread different disease-causing germs when they bite you. Tick-borne illnesses can be very severe and taking steps to avoid tick bites is important.

DCR strongly recommends campers take the following precautions:

- **Protective Clothing:** Wear long sleeves, pants, and closed-toe shoes in tick-prone areas. Opt for light-colored clothing for easier tick detection and removal.
- **Insect Repellent:** Apply EPA-approved insect repellents containing DEET, picaridin, or oil of lemon eucalyptus to exposed skin and clothing.
- **Tick Checks:** Conduct thorough tick checks on yourself, children, and pets after outdoor activities. Pay close attention to hidden areas like underarms, behind knees, and around the hairline.
- **Awareness:** Educate yourself and others about the signs and symptoms of tick-borne illnesses, such as fever, rash, and fatigue.

For more information on tick prevention please visit [Tick Prevention | Mass.gov](#) and here [Tick-borne Diseases | Mass.gov](#).

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