

Department of Conservation and Recreation

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FOR IMMEDIATE RELEASE:

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DCR Recreational Advisory: Ticks

WHAT: Due to warmer winter temperatures, the Department of Conservation and Recreation (DCR) would like to remind all visitors that we are likely to see a rise in ticks. 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. To safeguard yourself and your loved ones, we strongly recommend 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](#).

WHERE: DCR managed properties

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