



FOR IMMEDIATE RELEASE

July 31, 2023

Amy Phelps, Public Information Officer

Amy.j.phelps@wv.gov

Cell phone: 304-588-9697

Direct line: 304-420-1468

MOVHD urges residents to prevent tick-borne diseases

The Mid-Ohio Valley Health Department urges residents to take steps to prevent tick-borne diseases, such as Lyme disease. Tick-borne diseases spread through the bite of an infected tick, and can affect humans and their pets. As of 2017, West Virginia was designated a high incidence Lyme disease state.

According to the West Virginia Department of Health and Human Resources, Bureau for Public Health, Office of Epidemiology and Prevention Services, Lyme disease is the most common tick-borne disease reported in West Virginia.

"I urge West Virginia residents to take precautions outdoors in areas where ticks are most commonly found," said Dr. Matthew Christiansen, Commission for DHHR's Bureau for Public Health and State Officer. "Remember to check yourself, pets, gear and clothing for ticks after spending time outside."

Other tick-borne diseases such as anaplasmosis, ehrlichiosis and Rocky Mountain Spotted Fever have also been reported in West Virginia.

Infections can cause the following symptoms:

- Fever
- Headaches
- Chills
- Muscle aches/pain
- Rash

The CDC recommends if you get a tick bite and show symptoms within a few weeks to contact your healthcare provider.

The CDC gives tips on how to remove a tick. You should:

- Use clean, fine-tipped tweezers to grasp tick as close to skin as possible
- Pull upward with steady, even pressure (do not twist/jerk)
- After removal, clean the area and your hands with soap and water
- Do not crush tick with fingers - dispose of it by:
 - Putting it in alcohol
 - Putting it in a sealed bag
 - Wrapping it tightly in tape
 - Flushing down toilet

###

The Mid-Ohio Valley Health Department serves Wood, Wirt, Calhoun, Pleasants, Ritchie and Roane Counties. It is located at 211 Sixth St. in Parkersburg. The offices are open 8 a.m. to 4 p.m. Call 304-485-7374 or visit the website, movhd.com for more information. Follow them at Mid-Ohio Valley Health Department MOVHD on Facebook and @MOVHealthDept on Instagram and Twitter.