

## BEAVER ISLAND RURAL HEALTH CENTER

### Be Prepared — Tick Season is Here!

- ◆ Use a chemical repellent with DEET, permethrin or picaridin.
- ◆ Wear light-colored protective clothing.
- ◆ Tuck pant legs into socks and secure other clothing openings.
- ◆ Check yourself, your children, and your pets daily for ticks. Carefully remove any ticks with tweezers (or a special tool) by pulling gently straight out, do not twist.
- ◆ Early removal is key. A tick needs to remain attached for 36 hours before Lyme disease can be transmitted through its saliva, so remove any ticks as quickly as you can.
- ◆ See a health care provider immediately if the tick has burrowed into skin or if the head, mouthparts, or other tick remains cannot be removed. You may be prescribed a single dose of an antibiotic to help prevent Lyme disease.

A healthcare provider is on call 24/7 to serve you.

Just call **231- 448 - 2275** to access the on-call provider after hours, or for appointments Mon - Fri, 8:30am - 5pm.

### COVID-19 AT-HOME TEST KITS & KN95 MASKS AVAILABLE!

Call **231-448-2275**.

Home test kits can also be ordered through pharmacies and are covered by Insurance. Or order online at [covidtests.gov](https://www.covidtests.gov)

Anyone experiencing symptoms should be tested and the Health Center has both rapid and PCR tests available.

Stay informed with the latest COVID-19 testing and vaccination info @ [www.biruralhealth.org](http://www.biruralhealth.org)



### COMING UP AT **BIRHC:** MAY

**10 TUES – DR. DANIEL MANN, FAMILY HEALTH**  
**11 WEDS – DR. AARON WILKIN, LAKESHORE**  
**CHIROPRACTIC 231-237-0665**  
**16 & 17 MON & TUES - DENTAL CLINICS**  
**NORTH/DR. KOOISTRA 877-321-7070**  
**25 WEDS – DR. AARON WILKIN, LAKESHORE**  
**CHIROPRACTIC 231-237-0665**  
**26 THURS – DR. DANIEL MANN, FAMILY HEALTH**  
**EVERY TUES & THURS – MUNSON HEALTHCARE**  
**PHYSICAL THERAPIST 231-547-8630**