

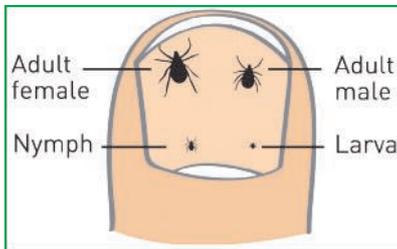
WATCH OUT! TICKS ABOUT!

RISK ZONES

- ◆ Long grass
- ◆ Undergrowth
- ◆ Woods
- ◆ Moors and heaths
- ◆ Urban parks & gardens

...across the UK

Walkers, campers, gardeners - beware!



Ticks are larger after feeding.

Before that they can be as small as a full stop on this page.

TICK REMOVAL

- ◆ Do it as soon as possible
- ◆ **DO NOT** squash the tick or apply any creams, oils or heat to the tick (if you put a tick under pressure, you may pump its saliva and stomach contents into you!)
- ◆ Use a **tick removal tool** to ensure you remove all the tick
- ◆ Dispose of the tick down the sink, avoiding getting any tick fluids on bare skin
- ◆ Clean the bite site with soap & water or antiseptic
- ◆ If you develop a rash or symptoms, see your doctor and tell them you were bitten



LYME DISEASE

Some ticks carry Lyme disease and they can inject the bacteria into you when they take a meal of blood.

Symptoms may appear between 2 and 30 days after the bite and may include:

- ◆ Feeling unwell with 'flu-like symptoms
- ◆ Extreme fatigue
- ◆ Muscle or joint pain
- ◆ Muscle weakness
- ◆ Viral-like meningitis
- ◆ Headache
- ◆ Facial palsy
- ◆ Disturbances of sight, hearing, digestive system or sleep
- ◆ A slowly spreading rash which may look like a "bull's eye", called an erythema migrans. If you get a rash, photograph it for your record

Lyme disease is treated with antibiotics: the sooner the better.



STAY SAFE

- ◆ Try not to brush against vegetation
- ◆ Keep your legs and arms covered
- ◆ Brush clothing & pets off before going inside
- ◆ Check areas not easily seen: back of leg, back, hairline. Don't rely on sight: tick bites are painless and can go unnoticed
- ◆ Buy a tick remover from LDA, vet or pet shop