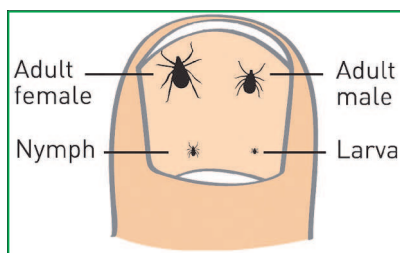


WATCH OUT! TICKS ABOUT!

RISK ZONES

- ◆ Woods
- ◆ Long grass
- ◆ Undergrowth
- ◆ Moors and heaths

...across the UK - town and country



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
- ◆ Remember you have been bitten and see your doctor if you develop symptoms



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 include

- ◆ Feeling unwell with 'flu-like symptoms
- ◆ Extreme fatigue
- ◆ Muscle, tendon or joint pain
- ◆ Muscle weakness
- ◆ Stiff neck
- ◆ Headache
- ◆ Disturbances of sight, hearing, digestive system or sleep
- ◆ A 'Bull's eye' rash. If you get a rash, photograph it for a record

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



STAY SAFE

- ◆ Keep your legs and arms covered
- ◆ Try not to brush against vegetation
- ◆ Wear light clothing: ticks are easier to spot
- ◆ Check each others' skin for ticks after a walk: tick bites are painless and can go unnoticed
- ◆ Buy a tick remover from LDA, vet or pet shop