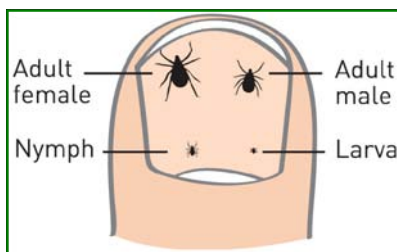


WATCH OUT! TICKS ABOUT!

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.

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.



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



STAY SAFE

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