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# TICK & LYME DISEASE AWARENESS



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Can you spot 5 ticks to help prevent our family being bitten?

Walking, wheeling and playing  
outdoors is really good for you  
and a lot of fun!  
But we also want to talk about  
ticks to keep you safe!

## Prevent Tick Bites

- Wear light coloured clothing with long sleeves and tuck trousers into socks.
- Use insect repellent.
- Keep to well-maintained paths and avoid walking in long grass.
- Carry a tick removal tool.
- Do a thorough tick check after being outside.
- Check your scalp, behind your ears, underarms, waist, groin and behind your knees.

## What are ticks?

Ticks are small, spider-like creatures that climb or attach onto you or your pet if you brush past grass or bushes that they are sitting on.

Once attached ticks feed on the blood of whatever person or animal they are attached to -

**EWV!**

Some ticks can carry nasty diseases, like Lyme disease, which may be passed on to people if they get bitten - **DOUBLE EWV!!**

