

# PROTECT YOURSELF FROM TICKS AND LYME DISEASE



## TICKS

Ticks are tiny parasites related to spiders, mites and scorpions.

Ticks commonly inhabit woodland, heath and grassy areas, but you can also be bitten by infected ticks in city parks and gardens.

Ticks feed on the blood of animals. After feeding their bodies swell.

## LYME DISEASE

Lyme disease is an increasingly common infection transmitted by the bite of an infected tick.

Symptoms are wide-ranging and can include expanding rash, flu-like symptoms, vomiting, fatigue, headache, muscle/joint/nerve pain, headache, face paralysis, and heart complications.

Antibiotic treatment within a few weeks is normally effective, but delay in treatment can result in chronic debilitating illness. Consult your GP as soon as possible if you have such symptoms.

## PREVENT TICK BITES

### BEFORE YOU GO

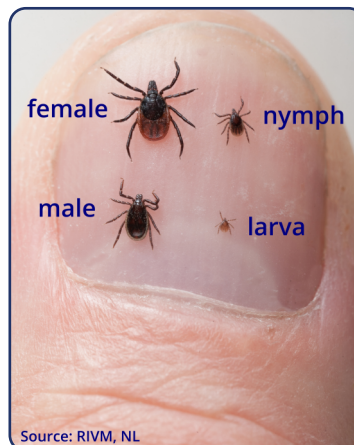
- Spray clothes with Permethrin
- Buy tick repellent
- Buy a specialist tick remover

### WHILE YOU ARE OUT

- Wear light coloured clothing with long sleeves and trousers
- Tuck trousers into your socks
- Carry a tick removal tool
- Use insect repellent
- Avoid brushing against foliage

### AFTER YOU GET BACK

- Do a tick check - on yourself, children and pets



## CHECK FOR TICKS

Ticks can be the size of a pin head and hard to spot

Check particularly

- your scalp
- behind the ears
- underarms
- around the waist
- groin
- behind knees

## REMOVE TICKS

Learn how to remove ticks safely with specialist tools

