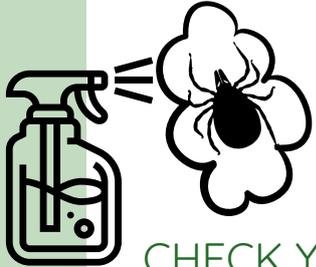




ARE YOU TICK AWARE?

DO'S:



REPELLENTS

Use insect repellents containing DEET

CHECK YOUR CLOTHES

Wear light coloured long clothing so ticks are easier to spot and brush off



Remove your clothes when arriving home; not in the bedroom, as ticks could remain on carpets/bedding.



CHECK YOUR SKIN

Ticks like warm, moist places; think waist, armpits, hair line, groin, ears

Keep exposed skin to a minimum. Wear long sleeves and tuck trousers into socks



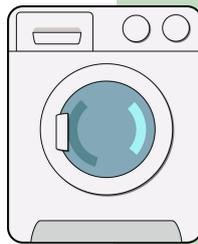
GOING OUTSIDE

Avoid/take care in areas with dense vegetation

Walk on paths

PETS

Wash pet bedding by itself at 50°C



REMOVING TICKS:

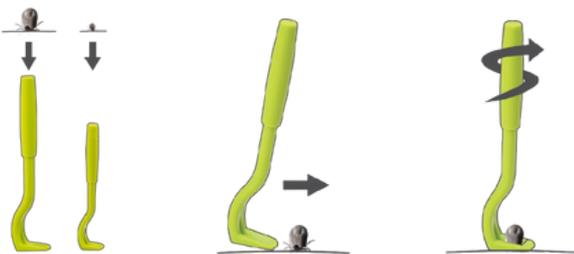
remove the tick as soon as possible

to use the card: place card between tick and skin. Then scrape the tick off



ensure all mouthparts are removed, any parts left in the skin can cause a local infection

to use the remover tool:



apply antiseptic to the bite area/wash with soap and water. Keep an eye on the site for several weeks for any changes

FOLLOWING A TICK BITE, IF YOU FEEL UNWELL WITH FLU-LIKE SYMPTOMS OR DEVELOP A RASH AROUND THE SITE OF ATTACHMENT PLEASE CONSULT YOUR GP.

DO NOT

cover the tick with oils, lotions, chemicals or petroleum jelly

try to burn the tick off with a lit cigarette end or match. This can increase the likelihood of the tick passing on a disease

squeeze or squash the tick

