

TICKING THE BOXES

How to protect yourself when in grassy or woodland areas:

✔ **CARRY** a tick removal tool with you

✔ **AVOID** walking through long grass and sitting on tree stumps

✔ **WEAR:**

- Tick repellent - on all exposed skin
- Long-sleeved tops and trousers
- Light-coloured clothing to make it easier to spot ticks
- Clothes treated with Permethrin (if in a high risk area)

✔ **TUCK** trousers into socks

✔ **CHECK** yourself and kids - when out and about and thoroughly after a shower. Remember to check hairline, navel, groin, between fingers and toes, and behind the ears



THE TOOLBOX

Repellents:

Autan and **Mosi-guard** are effective repellents against ticks. Mosi-guard is a natural option and works well for kids or sensitive skin. Repellents containing the chemicals DEET or Picaridine also work against ticks. **Permethrin** is a strong repellent and a good option if you are likely to be at increased risk from ticks. It is available as a spray (it should be sprayed on clothes and shoes but NOT directly onto skin), or in the form of pre-treated clothing. Please note that Permethrin is toxic to cats.

Tick Removers:

O'Tom Tick Twister - the tool most commonly recommended by professionals.

Fine-Pointed Tweezers (never blunt-edged tweezers, which may leave the tick's mouthparts attached)

Antiseptic Wipes: always wipe the bite site after removing a tick

Pet Protection - Animals can be

affected by tick-borne diseases also. Talk to your vet about tick protection options and ensure that these treatments are kept up to date. Be aware that cats and dogs can transport ticks into homes (even following some of these treatments).

**ABOUT
TIME FOR
LYME**



TICK TIPS

Enjoying the outdoors
responsibly

www.abouttimeforlyme.com

Why do we need to be tick aware?

Ticks are tiny, eight-legged creatures (arachnids) that feed off the blood of a human or animal host and have the potential to transmit tick-borne diseases, including Lyme disease. Not all ticks are infected, however tick numbers are on the rise, meaning there is an increased risk of contracting a tick-borne disease. It is therefore crucial to take precautions.

Ticks are typically found in grassy or woodland areas, but they can also be found in urban parks or gardens. Ticks range in size depending on which stage they are at in their lifecycle - a nymph tick is roughly the size of a poppy seed, while a fully-fed adult tick can be the size of a pea. Their often tiny size and the fact that they inject an anaesthetic substance while feeding means that it is not always easy to notice a tick bite.



Other tick-borne diseases found in the UK include Babesia, Bartonella, Rickettsia and Anaplasma. It is possible to be infected by more than one tick-borne disease at a time.

TICK REMOVAL

It is very important to remove a tick correctly and as quickly as possible in order to keep chances of transmission to a minimum.

One-handed tweezers



1. Grasp the tick as close to the skin as possible, making sure not to squeeze its body.
2. Pull upwards with a slow, steady motion. Never twist when using tweezers.

OTom Tick Twister



1. Engage the tool by approaching the tick from the side (the body of the tick is flat when unfed) until it is held securely.
2. Lift the tool very lightly and TURN IT (clockwise or counter-clockwise). The tick detaches itself after 2-3 rotations.

If you do not have the above tools, use a fine piece of thread - tie the thread as close to the skin as possible and pull upwards with one firm motion.

To dispose of the tick, place it in a tissue, squash it (being careful not to touch any fluids released) and flush down the toilet. Alternatively, wrap it in tape and put it in the dustbin.

- Avoid squeezing or irritating the tick, which can increase the chance of transmission.
- NEVER use vaseline, chemicals etc or try to burn the tick with a match.
- Always disinfect site with antiseptic & wash hands thoroughly after tick removal.

WARNING SIGNS

Early symptoms may include:

- A 'Bull's-eye' rash (Erythema Migrans). This is diagnostic of Lyme disease in itself, so treatment should be started immediately. However, not everyone develops the rash and it can have varying presentations.
- Flu-like symptoms
- Fatigue
- Muscle and/or joint pain
- Bell's Palsy (weakness or paralysis in one side of the face)
- Numbness or tingling



If not treated early, Lyme disease can become very serious. Symptoms may include: neurological problems, migraines, sleep disturbances, cognitive problems, anxiety and depression, meningitis, and potentially fatal heart problems.