



Enjoy the outdoors but 'be tick aware'

Ticks can transmit microbes that cause infections such as Lyme disease or tick borne encephalitis.

Being tick aware by using the following information can help to reduce the chance of tick bites and of being infected:

- you could be exposed to ticks whenever you spend time outdoors, including when in your garden or the local park
- ticks mainly attach to animals, but sometimes they may bite you, your family or your pets
- you can reduce the chance of tick bites by walking on clearly defined paths, using insect repellent and performing **regular tick checks**
- ticks can bite anywhere on the body, including in your hair. More than one tick can be attached to you at a time
- some tick bites can result in infection, so it is important to remove ticks safely and as quickly as possible
- the safest way to remove a tick is by using a pair of **fine-tipped** tweezers or a tick removal tool
- if you begin to feel unwell with flu-like symptoms, persistent headache, confusion or develop a spreading circular red rash (which usually appears within 1 to 4 weeks after being bitten), **contact your GP or NHS 111 promptly**. Mention if you were bitten by a tick or have recently spent time outdoors

Tick sizes compared to a one penny coin



Tick in the environment



Tick attached to skin



Lyme disease bullseye rash



Tick found under hair



For more information, search for the phrases 'ticks' and 'Lyme disease' on these websites:

www.nhs.uk www.gov.uk www.nice.org.uk/guidance