

#wakeuptolyme



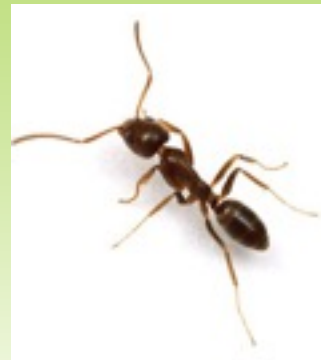
**Wake Up
to Lyme**

lymediseaseuk.com



**Playing outside is great fun and
will keep you fit and healthy,
but remember to look out for
ticks!**

When you are playing outside, I bet you see lots of creepy crawlies, insects and spiders!
How many of these can you name?



WHAT IS A TICK?



**Ticks are like very very small spiders.
Look how small they can be!**



Ticks live in long grass, bushes, woods and sometimes in parks and gardens. Ticks wait on the tips of plants and when you brush past, they can climb onto you.



How Can I Find Them?

Ticks like to hide:

- Behind the ears
- On your head and neck
- Under your arms
- Behind your knees
- Between your toes
- Under your waistband





A Beastly Bite!

Tick bites do not hurt - so you won't always know you've been bitten.

They might leave a red mark or a rash, but not always and sometimes they will make you feel unwell.



Ask your parent, a teacher or grown up to check you for ticks and if they find one to remove it correctly as soon as possible.



If you see a rash like these ones show an adult right away and ask them to take you to the doctor.



Now you know how to look out for ticks
Enjoy playing outside!

