

#wakeuptolyme



**Wake Up
to Lyme**

lymediseaseuk.com

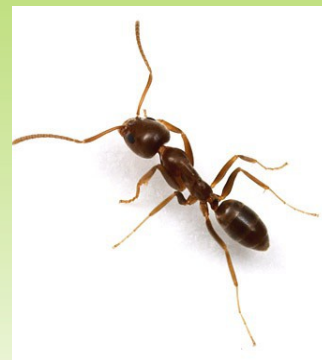


TICKS

and How to Protect Yourself



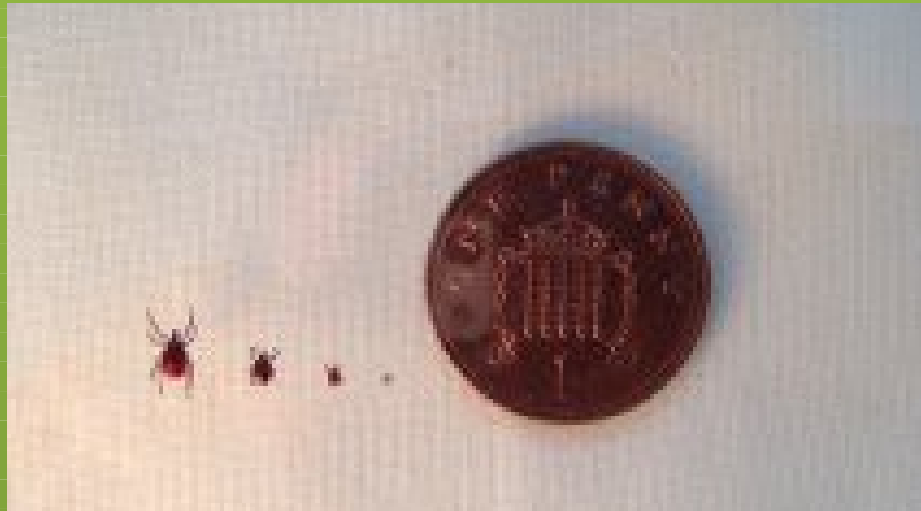
**When you are playing outside, I bet you see lots of
creepy crawlies, insects and spiders!
How many of these can you name?**





Playing outside is great fun and will keep you fit and healthy. But remember to look out for ticks!

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 even in urban parks and gardens. Ticks wait on the tips of plants and when you brush past, they climb on.



A Beasty 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.

How can I find them?

Ticks like to hide

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





Ticks can make you sick so ask a parent, a teacher or another grown up to check you for ticks and if they find one to remove it as soon as possible.

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

