

WHAT TO DO WHEN BITTEN

Ticks can be hard to remove. Seek urgent medical attention if you have difficulty.

- ✗ Never use oil, a match, vaseline or anything else not designed to do the job. This will irritate the tick and cause it to regurgitate bacteria into the wound.
- ✓ Ideally use a tick remover tool. These are designed to avoid squashing the tick's body.
- ✓ Alternatively, use fine nosed tweezers. Grasp the tick as close to the skin as possible. Pull gently backwards, gently but firmly, with even pressure. Do not twist or jerk.
- ✓ After removal, wash the skin and hands thoroughly with soap and water.
- ✓ Check whole body for any other ticks. Monitor symptoms, which could be delayed.
- ✓ Visit our website for more advice or join our Online Community on Facebook.



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