

## Preventing Lyme disease

Although more research is needed into other modes of transmission, protecting yourself from tick bites is a good start.

- ✓ Carry sharp pointed tweezers or tick removal tool with you at all times.
- ✓ When engaging in outdoor activities, use a repellent that is effective against ticks.
- ✓ Take extra precaution in long grass, leaf litter and in wooded areas, and stick to pathways.
- ✓ Wear a long-sleeved top and tuck trousers into socks to reduce exposure. Light coloured clothing may enable you to see ticks more easily.
- ✓ If you are in a high risk area or taking part in a high risk activity, it is possible to buy pre-treated clothing from camping or hunting shops that has been sprayed with repellent, or you can spray clothing and shoes with a repellent product yourself. Use repellents safely. Always read the label and product information before use.
- ✓ Check yourself, your children and your pets regularly for ticks when out and about and once you get home. Brush off any ticks that are unattached.
- ✓ If you see an embedded tick, remove it as quickly as possible using the correct tick removal technique - see our website for details. If you become unwell or notice a rash, see your GP immediately and mention your concerns about Lyme disease.

## Facts about Lyme disease

- ✓ Infected ticks have been found in every county in the UK.
- ✓ You can be bitten by an infected tick during any season.
- ✓ You don't need to be near deer or livestock to be bitten by an infected tick.
- ✓ There is no proven minimum time that a tick needs to be attached to transmit infection.
- ✓ Blood tests cannot rule out Lyme disease, sometimes a clinical diagnosis is needed.



Lyme Disease UK is a UK based charity which aims to raise awareness around the UK and provide patient-centred information and support for sufferers.

We offer online support and promote local group meetings. We attend conferences, take part in media and awareness campaigns and are stakeholders in the NICE Lyme disease guideline development process.

We aim to bring international knowledge about Lyme disease to the UK and campaign for advances in patient care.



# Protect Yourself from Lyme Disease

