

BE TICK AWARE - STAY SAFE AND STAY WELL

- 🦋 Lyme disease can be transmitted by the bite of an infected tick.
- 🦋 Ticks can be as small as a poppy seed or quite large. Bites are normally painless and do not itch, so they can be easily missed.
- 🦋 Some people develop a bull's-eye or atypical rash but approx 1/3 people do not.
- 🦋 Initial symptoms may include any of the following: flu-like illness, fatigue, muscle & joint pain, headaches, fever, chills, Bell's Palsy, anxiety, depression, a stiff neck.
- 🦋 Symptoms can mimic other conditions like CFS/ME, fibromyalgia, arthritis, MS etc.

PREVENTION TIPS

- ✓ Use repellent that is active against ticks and biting insects.
- ✓ Wear long sleeves and tuck your trousers into your socks.
- ✓ Take extra precaution in overgrown areas. Stick to pathways.
- ✓ Check yourself, children and pets for ticks when you get home.



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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