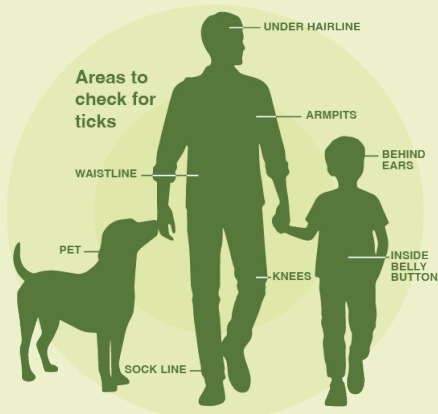


Preventing Lyme disease

Tick bite prevention and correct removal is crucial when it comes to avoiding Lyme disease. There are a few simple steps you can take to reduce your chances of being bitten by a tick.

- ✓ Carry a tick removal tool with you at all times.
- ✓ Use insect repellent during outdoor activities.
- ✓ Avoid walking through long grass and stick to pathways.
- ✓ Wear light-coloured clothing so you can spot and brush off any ticks.
- ✓ Tuck trousers into socks if walking in grassy, wooded and overgrown areas.
- ✓ Check for ticks when you get home. Check children and pets too.



If you are taking part in a high-risk activity, it is possible to buy pre-treated clothing from camping or outdoor activity shops that has been sprayed with the repellent permethrin. You can also spray clothing and shoes with this product yourself. Use repellents safely. Always read the label and product information before use.

If you find an embedded tick, remove it as quickly as possible using the correct tick removal technique (see overleaf). **If you have difficulty removing a tick, contact your pharmacist, GP or 111 for advice.**

Facts about Lyme disease

- ✓ Infected ticks have been found in every county in the UK, including in urban parks and gardens.
- ✓ You can be bitten by an infected tick during any season.
- ✓ Not all ticks carry the bacteria which causes Lyme disease.
- ✓ There is no proven minimum time that a tick needs to be attached to spread infection.
- ✓ A negative blood test does not rule out a diagnosis of Lyme disease.

Bitten by a tick? Flu-like symptoms or a round/oval rash after time spent in grassy or wooded areas?

Contact your GP or 111 for treatment or advice.

Tick questing on long grass



Tick on finger tip



Engorged tick on arm



Embedded tick on scalp



Erythema migrans (Lyme rash)



© Lyme Disease UK



@LymeDiseaseUK

@lymediseaseuk.bsky.social

@LymeDiseaseUK

Lyme Disease UK



Registered charity no 1182212



Protect Yourself from Tick Bites and Lyme Disease

be tick aware
lymediseaseuk.com



Tick Twister® products available from
Stelr Pets
stelr-pets.co.uk