



Protect yourself from tick bites and Lyme disease

Use insect repellent during outdoor activities.



Wear light-coloured clothing so you can spot and brush off any ticks.



Avoid walking through long grass and stick to pathways.



If you have to walk through long grass, tuck trousers into socks.



Check for ticks when you get home. Check children and pets too.



**be
tick
aware**
lymediseaseuk.com

The Royal College of General Practitioners has produced a Lyme disease toolkit for clinicians. Patients may also find this helpful. The RCGP/LDA e-learning module on Lyme disease is available online for health professionals and is free to all members of the RCGP. Find out more at www.lymediseaseuk.com/rcgp

