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**be
tick
aware**

If you have been bitten

- Never apply heat, oil or unsuitable products. These can irritate the tick and cause it to spread bacteria into the wound.
- Ideally use a tick remover tool to avoid squashing the tick or use fine-tipped tweezers.
- Grasp the tick close to the skin. Pull gently upwards. Do not twist.
- After removal, clean the bite area and your hands thoroughly.
- Check your clothes and body for other ticks. Check your children and pets too.



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

Problems removing a tick? Contact your pharmacist, GP or 111 for advice.