

WARNING!

Lyme disease is just one of five infections in the UK known to be passed to wildlife and humans following the bite of an infected tick.

Ticks are known to be abundant between April and May and again during October and November but can be active throughout the majority of the year.

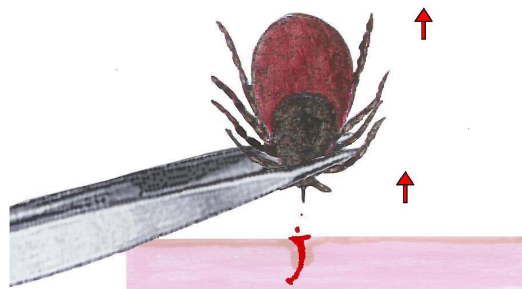
The incorrect removal of a tick can increase the likelihood of infection.

DO NOT smother with petroleum jelly, alcohol or attempt to burn off an attached tick.

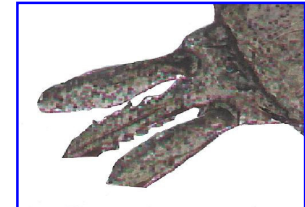
HOW TO CORRECTLY REMOVE A TICK



Use fine tipped tweezers to grasp the tick as close to the skin as possible, then steadily remove the tick in an upward motion only. Inspect the bite area closely to ensure that no mouthparts have been left once the tick has been removed.



Biting mouthparts



Do not crush or puncture the tick as the gut contents may contain infectious organisms. Protect fingers with gloves or shield with tissue paper when removing a tick as infectious agents may enter through mucus membranes or breaks in the skin.

Ticks tend to lie in ambush amongst tall grass, bracken and low undergrowth. When out walking - wear light coloured clothing to see ticks more easily and keep trousers tucked into socks at all times. Regular self-inspections whilst outdoors are advisable. On return, thorough inspection of your body is recommended, especially behind the knees, groin area, armpits and scalp.

If you find an attached tick, remove it as per the instructions above at the earliest opportunity. Keep the tick in a plastic bag for possible identification of infections. Keep a record of any symptoms and photograph any rashes you may go on to develop.

Seek professional medical advice should you have any concerns.