Tick removal

- Do it as soon as possible
- **DO NOT** squash the tick or apply any creams, oils or heat to the tick (if you put a tick under pressure, you may pump its saliva and stomach contents into you!)
- Use a **tick removal tool** to ensure you remove all the tick
- Dispose of the tick down the sink, avoiding getting any tick fluids on bare skin
- Clean the bite site with soap & water or antiseptic
- If you develop a rash or symptoms, see your doctor and tell them you were bitten

Lyme Disease

Some ticks carry Lyme disease and they can inject the bacteria into you when they take a meal of blood.

Symptoms may appear between 2 and 30 days after the bite and may include:

- Feeling unwell with ‘flu-like symptoms
- Extreme fatigue
- Muscle or joint pain
- Muscle weakness
- Viral-like meningitis
- Headache
- Facial palsy
- Disturbances of sight, hearing, digestive system or sleep
- A slowly spreading rash which may look like a “bull’s eye”, called an erythema migrans. If you get a rash, photograph it for your record

Lyme disease is treated with antibiotics: the sooner the better.

Stay Safe

- Try not to brush against vegetation
- Keep your legs and arms covered
- Brush clothing & pets off before going inside
- Check areas not easily seen: back of leg, back, hairline. Don’t rely on sight: tick bites are painless and can go unnoticed
- Buy a tick remover from LDA, vet or pet shop

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Risk Zones

- Long grass
- Undergrowth
- Woods
- Moors and heaths
- Urban parks & gardens

...across the UK

Walkers, campers, gardeners - beware!

Tick Removal

- Ticks are larger after feeding.
- Before that they can be as small as a full stop on this page.

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Lyme Disease Action

www.LymeDiseaseAction.org.uk

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