

Watch out! Ticks about!



When first attaching to you a tick can be as small as a poppy seed.

Reduce the risk:

- Avoid long vegetation
- Check yourself & pets
- If bitten, remove ticks without squashing
- Carry a tick remover!

www.LymeDiseaseAction.org.uk

Registered Charity Number 1100448. Registered Company Number 4839410



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