



Lyme Disease Action

www.LymeDiseaseAction.org.uk

Watch out! Ticks about!

Risky places

- ◆ Long grass
- ◆ Under garden shrubs
- ◆ Woods
- ◆ Moors and heaths
- ◆ Town parks & gardens

...across the UK

Walkers, campers, gardeners - beware!

Ticks are larger after feeding.

Before that they can be as small as a full stop on this poster.



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
 - ◆ Headache
 - ◆ Facial palsy
 - ◆ Disturbances of sight or hearing
 - ◆ A slowly spreading rash that doesn't itch
- If you get a rash, photograph it for your record

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



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**
- ◆ Wash the bite site after removal
- ◆ Dispose of the tick down the sink, avoiding getting any tick fluids on bare skin
- ◆ If you develop a rash or symptoms, see your doctor and tell them you were bitten

Stay safe

- ◆ **Be aware** ticks live amongst damp plants!
- ◆ **Brush clothing** & pets off before going inside.
- ◆ **Check skin**: especially behind legs, back, hairline. Don't rely on sight, run your fingers over skin: tick bites are painless and can go unnoticed.
- ◆ **Buy a tick remover** from LDA, vet or pet shop.

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The longest established UK charity working on Lyme disease and other tick-borne diseases

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