

Ticks



What are ticks?

Ticks are related to spiders, mites and scorpions. There are many different species of tick living in Britain. They live in woodland, heathland, moorland, forests and urban areas such as gardens.

How to avoid tick bites:

To reduce the risk of being bitten:

- Cover your skin while walking outdoors and tuck your trousers into your socks.
- Use insect repellent on your clothes and skin - products containing DEET are best.
- Stick to paths whenever possible.
- Wear light-coloured clothing so ticks are easier to spot and brush off.

Lyme disease

See a GP if you've been bitten by a tick or visited an area in the past month where infected ticks are found and you get:

- Flu-like symptoms - such as feeling hot and shivery, headaches, aching muscles or feeling sick, or
- A circular red rash



How to spot ticks:

If you've been bitten by a tick and it's still attached to your skin, remove it as soon as possible to reduce your risk of picking up illnesses such as Lyme disease. Bites aren't always painful; you may not notice a tick unless you see it on your skin.

Regularly check your skin and your children's or pets after being outdoors.

How to remove a tick safely:

1. Use fine-tipped tweezers or a tick-removal tool - you can buy these from some pharmacies, vets and pet shops.
2. Grasp the tick as close to the skin as possible.
3. Slowly pull upwards, taking care not to squeeze or crush the tick. Dispose of it when you've removed it.
4. Clean the bite with antiseptic or soap and water. The risk of getting ill is low. You don't need to do anything else unless you become unwell.



Our Family Support Worker



Mrs Joy Smith.

is here to help !

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