

What?

- Ticks are tiny creatures, related to spiders, that bite and attach themselves to a 'host,' feeding on their blood.
- Some ticks carry bacteria that cause Lyme disease.
- Lyme disease causes a red rash around the area of a tick bite in a 'bull's-eye' shape and flu-like symptoms.
- Ticks that may cause Lyme disease are found all over the UK and live in woods and areas with long grass.



Why?

- Only a small number of ticks are infected with the bacteria that cause Lyme disease and people that do contract it generally recover quickly after a course of antibiotics. However, it is worth knowing that a few people who are diagnosed and treated for Lyme disease continue to have symptoms, like tiredness, aches and loss of energy that can last for several years.
- If you have symptoms you must contact your GP, and let them know you have been walking in forest, wooded or grassy areas.
- Bringing people's attention to tick bites and the link to Lyme disease will increase the chance of a quick diagnosis and swift recovery if contracted.



Do ✓

- ✓ Minimise exposure to ticks by covering skin when walking through thick vegetation and tucking trousers in to your socks
- ✓ Check for ticks in 'warm' areas of the body such as armpits and groin, as ticks will often travel to such areas to bite
- ✓ Remove ticks with a pair of tweezers if bitten, as close to the skin as possible, making sure the tick's mouth parts are fully removed
- ✓ Consult a doctor if symptoms of Lyme disease are detected, even if it is a few months after being bitten



Don't ✗

- ✗ Don't think that if you are bitten by a tick you will definitely get Lyme disease (only a small number of ticks carry the bacteria)
- ✗ Don't pick ticks off with your fingers
- ✗ Don't ignore symptoms of Lyme disease



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