

# Be Tick Aware

Ticks can carry organisms which may cause physical and neurological illness in humans and animals.



Ticks can be active all year round in long grass, bracken, heather woodland and hedgerows, especially where deer and livestock are present.



## Prevention

- ✓ Wear gaiters or long trousers tucked into socks
- ✓ Use insect repellent
- ✓ Check yourself for ticks regularly

## Removing ticks

- ✓ Wear surgical gloves
- ✓ Use a tick-removal tool
- ✓ Disinfect the tick bite
- ✓ Wash your hands afterwards
- ✓ Make a note of the date and place of the bite
- ✓ Contact your GP if you notice signs of a rash or flu-like symptoms

## What NOT to use when removing ticks

- X Creams, petroleum jelly, oils, spirits, freezing agent, powders or other substances
- X Cigarettes, matches or lighter
- X Your fingers or teeth
- X Anything that squeezes the body of the tick

All these methods may cause regurgitation/back-flow or infective fluids



**Tick Twister® Available Here**