



# Enjoy the outdoors but 'be tick aware'

- ticks can transmit microbes that cause infections such as Lyme disease
- you could be exposed to ticks whenever you spend time outdoors, including when in your garden or the local park
- ticks mainly attach to animals, but sometimes they may bite you or your family
- you can prevent tick bites by walking on clearly defined paths, using insect repellent and performing **regular tick checks**
- some tick bites can result in infection, so it is important to remove ticks safely and as quickly as possible
- the safest way to remove a tick is by using a pair of **fine-tipped** tweezers or a tick removal tool
- **contact your GP or dial NHS 111 promptly if you begin to feel unwell with flu-like symptoms or develop a spreading circular red rash. Remember to tell them you were bitten by a tick or have recently spent time outdoors**



Tick in the environment



Tick attached to skin



Lyme disease bullseye rash



Tick found under hair



For more information, search for the phrases 'ticks' and 'Lyme disease' on these websites: [www.nhs.uk](http://www.nhs.uk) [www.gov.uk](http://www.gov.uk)