

LYME DISEASE

Lyme disease is a bacterial infection which is transmitted by tick bites.

What are ticks?

Ticks are very small spider-like

- x Ticks often crawl into warm areas of the body, in particular around the waist, groin and armpits. Children are more commonly bitten on the head and neck.

I've been bitten, what do I do?

Early tick removal is a very effective prevention measure. Don't panic.

Even if the tick is infected, it is unlikely to transmit the infection in the first few hours after attachment. It is important to remove the tick correctly using the following technique:

1. Using a specialist tool or fine tipped tweezers grasp the tick as close to the skin as possible. Be careful not to crush the body of the tick as this can result in the stomach contents of the tick being squeezed into your bloodstream.
 2. Slowly, using steady, firm pressure, pull upwards away from the skin. Doing this too quickly might leave the head of the tick in the skin which can cause infection.
3. Wash the bite area with soap and water and apply antiseptic.
4. Keep an eye on the bite area for several weeks after being bitten.
If you have any concerns, contact your GP.
5. Some veterinary surgeries and pet shops sell inexpensive tick removal devices, which may be useful if you frequently spend time in areas where there are ticks.

Never use alcohol, chemicals or heat (like a lit match).
