

# Enjoy the outdoors safely



# *be tick aware*

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The Royal College of General Practitioners has produced a Lyme disease toolkit for clinicians. Patients may also find this helpful. The RCGP/LDA e-learning module on Lyme disease is available online for health professionals and is free to all members of the RCGP. Find out more at [www.lymediseaseuk.com/rcgp](http://www.lymediseaseuk.com/rcgp)



# Protect yourself from tick bites and Lyme disease

Use insect repellent during outdoor activities.



Wear light-coloured clothing so you can spot and brush off any ticks.



Avoid walking through long grass and stick to pathways.



If you have to walk through long grass, tuck trousers into socks.



Check for ticks when you get home. Check children and pets too.



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# Protect your pets from tick bites and Lyme disease

**Talk to your vet about tick prevention products.**

**Check your pets for ticks after being outdoors.**

**Remove ticks with a tick removal tool.**

**Check yourself and your family for ticks.**



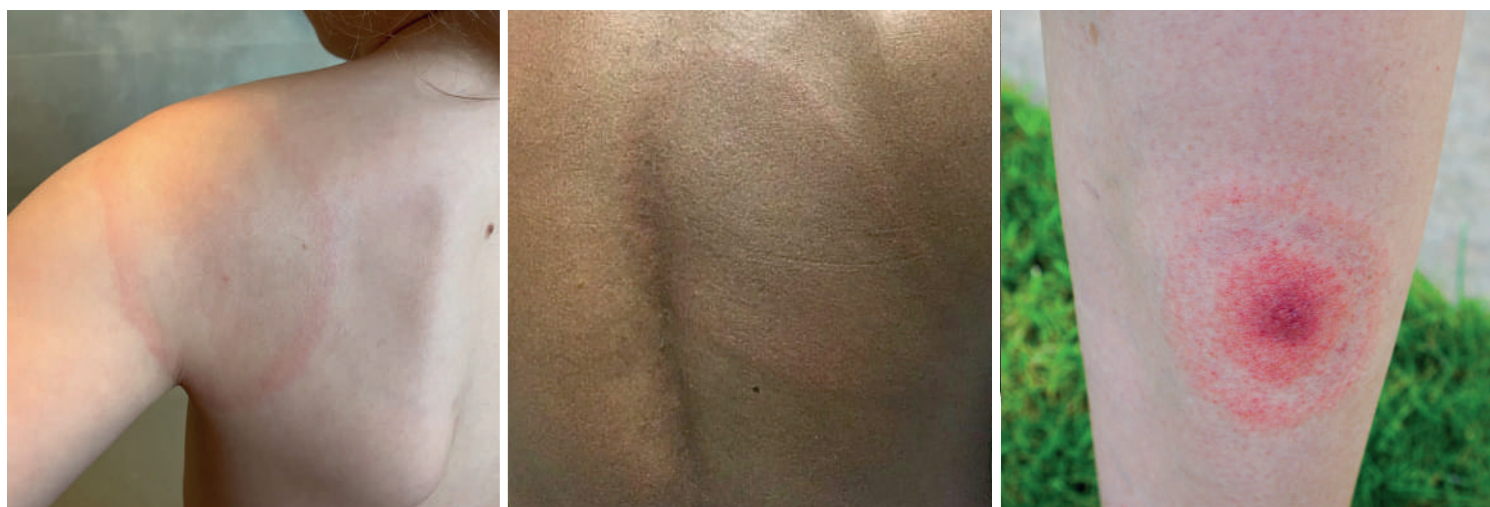
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# Symptoms of Lyme Disease

Lyme disease is a bacterial infection that can be spread to humans by infected ticks. It's usually easier to treat if it's diagnosed early.



**A spreading round or oval rash around a tick bite can be an early symptom of Lyme disease.**

The rash can appear up to 3 months after being bitten by an infected tick, but usually appears within 1 to 4 weeks. It can last for several weeks.

Not everyone with Lyme disease develops a rash and it may be atypical in appearance.

Symptoms can include fatigue, headaches, flu-like illness, facial palsy, migratory muscle and joint pain, nausea, and a stiff neck.

Consult your GP if you've been bitten by a tick, been in areas ticks could be in the past three months, and you're experiencing flu-like symptoms or a rash.

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# Would you recognise a Lyme disease rash?

**A spreading round or oval rash around a tick bite can be an early symptom of Lyme disease.**



**Not everyone with Lyme disease develops a rash and it may be atypical in appearance.**

The rash can have a darker or lighter area in the centre. It's not usually hot or itchy.

The rash can appear up to 3 months after being bitten by an infected tick, but usually appears within 1 to 4 weeks. It can last for several weeks.

Consult your GP if you've been bitten by a tick, been in areas ticks could be in the past three months, and you're experiencing flu-like symptoms or a rash.



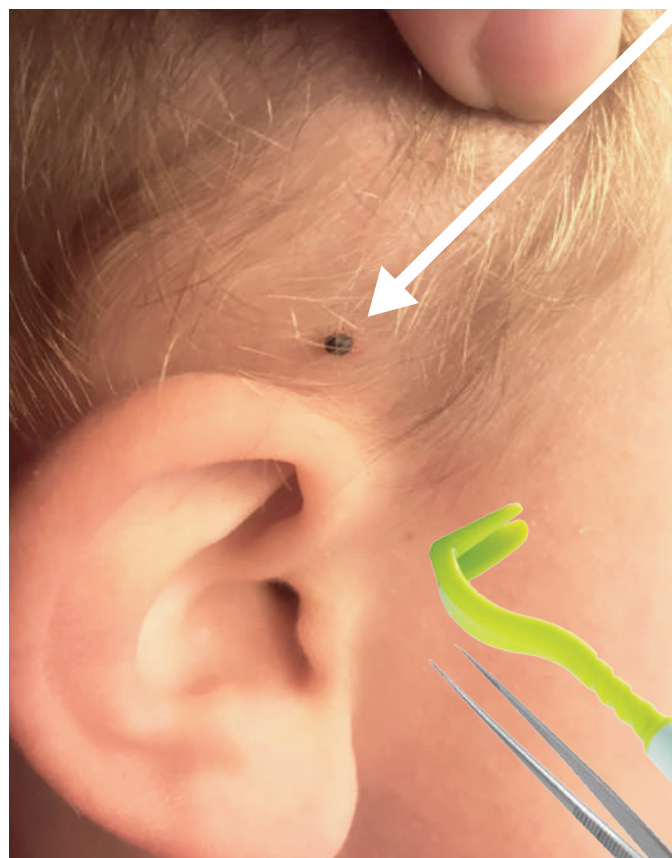
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# How to remove a tick

**Ticks can be as small as a poppy seed. Check yourself, your children, and your pets after possible exposure.**



**REMOVE TICKS USING A TICK REMOVAL TOOL OR FINE-TIPPED TWEEZERS.**

## USING A TICK REMOVER TOOL

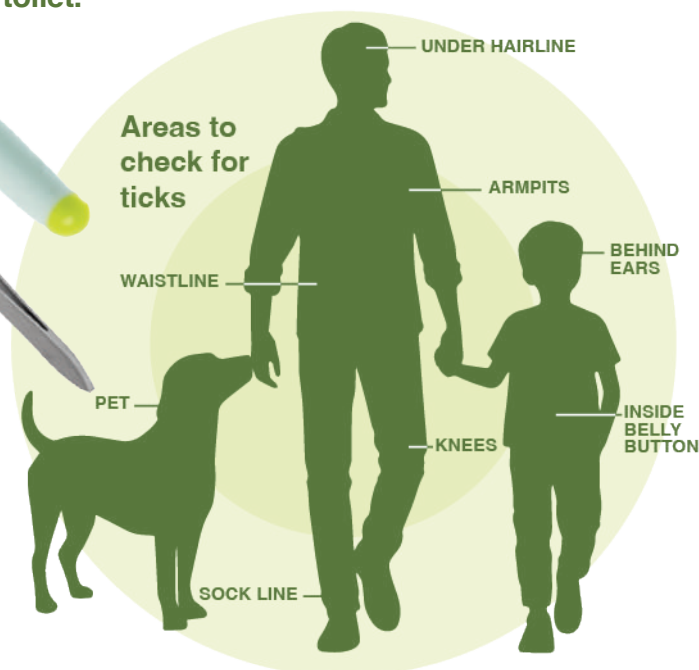
Approach the tick from the side to help cradle the tick securely with the tool. Twist the tool slowly in one direction only. The tick should detach after 2-3 rotations.

## USING FINE-TIPPED TWEEZERS

Grasp the tick close to the skin. Pull upwards with even pressure. Do not twist the tick as parts could break off and spread infection. Remove any broken parts with sterilised tweezer points. Do not squeeze the body of the tick or touch with bare hands.

## AFTER TICK REMOVAL

Disinfect the bite site with antiseptic and wash your hands. Crush the tick between tissue and flush it down the toilet.



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