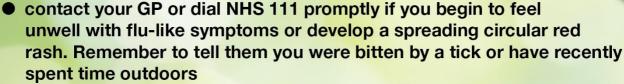




Enjoy the outdoors but 'be tick aware'

- 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











compared to a one penny coin



For more information, search for the phrases 'ticks' and 'Lyme disease' on these websites: www.nhs.uk www.gov.uk