

## Information Regarding Ticks

*Please don't let your enjoyment of the countryside and its carpet of rich flora, birds and bees be blighted by ticks.*

*Ticks can transmit bacteria that cause diseases such as Lyme disease, which can lead to very serious conditions if left untreated. Although not all tick bites result in disease, it is important you know how to avoid tick bites and to take action if you or your family get bitten.*

*Hampshire's Public Health expert Darren Carmichael offers a few simple tips to keep us tick aware and help keep them at bay.*

*The best way to protect against tick bites is to take some simple precautions including keeping to footpaths and avoiding long grass when out walking, wearing appropriate clothing in tick-infested areas (a long-sleeve shirt and trousers tucked into your socks) and checking for ticks when you get back home.*

- 1. Tick bites often go unnoticed, and the tick can remain feeding for several days before dropping off. The longer the tick is in place, the higher the risk of it passing on infection**
- 2. Ticks are found in moist areas of dense vegetation or long grass in woodland, grassland, moorland, heathland and some urban parks and gardens. They can be found throughout the year, but are most active between spring and autumn. They don't jump or fly, but ticks can attach themselves to an animal or person as they brush by**
- 3. Wear appropriate clothing in tick-infested areas (such as a long-sleeved shirt and trousers tucked into your socks)**
- 4. Use insect repellents**
- 5. Make sure that ticks are not brought home on your clothes - wear light coloured fabrics that may help you spot a tick on your clothes**
- 6. Inspect your skin for ticks, particularly at the end of the day, including your head, neck and skin folds**
- 7. Check that pets do not bring ticks into your home in their fur**
- 8. Check your children's head and neck areas, including their scalp. If you do get bitten by a tick, removing it quickly and correctly can help to reduce any potential risks**
- 9. The only safe way to remove a tick is to use a pair of fine-tipped tweezers, or a device that can be purchased from all good retailers**
- 10. Grasp the tick as close to the skin as possible. Pull upwards slowly and firmly, as mouthparts left in the skin can cause a local infection. Once removed, apply antiseptic to the bite area and keep an eye on it for several weeks for any changes**

For information about ticks and Lyme Disease from the NHS, click [here](#). If you or your child has been bitten by a tick, and/or you are concerned about the symptoms listed above for Lyme disease, you are advised to contact your GP, remembering to tell them about the tick bite.