



## Lyme disease Information

Caudwell  
**LymeCo**  
charity



## Lyme disease prevention...

**YOU HAVE  
TO LOOK  
FOR THEM**



**You will not feel a tick bite you.** Feeding ticks stay attached for hours or days. They can spread diseases after 16 hours or possibly less.

**Ticks can be as small as a poppy seed.** You could easily mistake a feeding tick for a speck of dirt.

**Tick bites are the main source of Lyme disease infection.** In the UK they can also spread Anaplasma and Q-fever, and abroad they can spread other serious diseases.

**KNOW  
TICK  
HABITATS**



**Ticks are active all summer** but they may be active in very early spring or late autumn.

**Tick habitats** include forests, the countryside and city parks and gardens.

**Ticks climb up plants** and long grass, around knee height, waiting for a passing warm-blooded creature to catch onto. They may be in mown grass.

**Ticks cannot fly.**

**All regions** of the UK have ticks.

**Ticks' natural hosts are small mammals** which live on the ground, such as mice and squirrels.

**CARRY  
A TICK  
REMOVER**



**Buy a tick removal tool online or from a pet shop.** They may be fine pointed tweezers, or a notched tool to lever the tick out.

**Know how to remove ticks safely.** The tool must fit under the tick without squeezing its body. Pull the tick straight out vertically: this may take some force.

**Take a tick remover with you on days out.**

Visit [caudwellyme.com/donate](https://caudwellyme.com/donate) to help us fight Lyme disease

Visit [caudwellyme.com/info](https://caudwellyme.com/info) for more information on Lyme disease



**KEEP TICKS  
OFF YOU**

Use **insect repellent**, preferably containing citriodiol or icaridin, on exposed skin. Remember children have hands at grass height, so treat their hands and arms as well as legs.

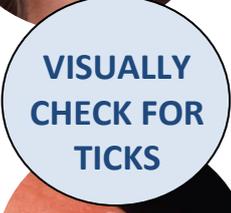
Wear **long trousers**, and long sleeves if possible. Don't wear open sandals or shorts in risky environments.

Wear **light coloured clothing** so you can see ticks easily.

Consider treating clothes with **permethrin**, especially if you go camping.

Put down a **picnic cloth** in parks, the countryside or even your own garden.

Avoid **long grass and plants**. Tuck trousers into socks if you do need to walk through vegetation which will brush against you.



**VISUALLY  
CHECK FOR  
TICKS**



Examine your **body looking for ticks**. Ticks can be as small as a poppy seed or, when fully fed, as large as a pea.

Check your **children** after they play outside. You should check pets every day.

Have a **"tick buddy"** and regularly check each other for ticks in places that you cannot see.

Check the **hairline** and behind the ears and neck.

Look at your **navel, the backs of your knees and your armpits**.

Check your **groin and abdomen regularly**, as ticks will crawl long distances inside your clothing to reach this warm area.

**Males, check your genitals!** Ticks often attach here and may go unnoticed for a long time.



**A  
TICK-FREE  
HOME**

Shower when you arrive **home** after a day out of doors.

Put clothes in a **tumble-dryer** for 10 minutes to kill ticks in seams and hems.



**CAUTION  
WHEN  
CAMPING**



Take **pointed tweezers** suitable for removing all kinds of ticks (see below).

Take **insect repellent** to use day and night.

Take **disinfectant** to clean skin after tick removal.

Spray the entire **groundsheet and tent** with permethrin.

Wear **light coloured clothes and pyjamas**, which will make it easier to see ticks.

Take a **camping seat** or at least a blanket to sit on, instead of sitting on grass.

Wash everything when you get **home**, or at least give it a blast in the tumble dryer for ten minutes: You do NOT want to bring ticks home as your holiday souvenir.



**VISIT [CAUDWELLYME.COM](https://www.caudwellyme.com) FOR MORE INFORMATION, OR TO  
DONATE AND HELP IMPROVE CARE FOR PEOPLE WITH LYME DISEASE**