

Avoiding tick bites



Tick bites are the main source of Lyme disease infection. In the UK they can also spread Anaplasma and Q-fever.

When and where are ticks found?

Ticks are active from May to September, but the symptoms of Lyme disease can take up to 3 months to develop after being bitten.

Ticks are found all over the UK, in gardens and parks as well as forests and the countryside.



How do I prevent tick bites?

1 Wear clothes that cover your skin, especially your legs.

2 Tuck clothes in. Tuck trousers tightly into socks or boots.

3 Spray permethrin on your *clothes* (NOT your skin).

You can buy this from camping shops or online. Some camping shops sell clothes impregnated with permethrin, which lasts up to 20 washes before needing to be re-treated.

4 After a walk in the countryside, throw your clothes into the tumble dryer for 30 minutes to kill any ticks that may be on

them.

If a tick drops off in your house it can hide for weeks, waiting to crawl onto its next meal.

5 Use a picnic cloth. Don't sit directly on grass.

It is not practical to spray insect repellent on your children every time they play outside, but you can give them a picnic blanket. Some British parks and gardens are infested with ticks.

6 Spray repellent containing DEET onto the skin.

Be thorough. Ticks crawl over skin coated in deet and bite the one spot you missed. For children who may roll on grass, cover the back of the neck as well. Deet can be used safely on any part of the body except the face.

7 Encourage your children to watch while you check your dog or cat for ticks.

Children should learn to recognise ticks, and to tell you if they spot one on the family pet or each other.

