

CHECK FOR TICKS

Ticks can be found in rural areas, long grass, woodland, open country, public parks and gardens.

Prevent tick bites by sticking to paths, avoiding brushing against vegetation, wearing light clothing so ticks are easier to spot and brush off, and using insect repellent. Check your clothes and your body regularly for ticks when you're outdoors and when you get home.

Ticks can transmit bacteria that cause diseases such as Lyme disease. Symptoms of Lyme disease can include flu-like symptoms and a distinctive circular rash.

www.mendip.me/ticks



Public Health
England



Actual size



1 – REMOVE TICK

Remove tick as soon as you can using fine-tipped tweezers or a tick removal tool. You can buy or borrow these from reception.

Grasp the tick as close to the skin as possible. Slowly pull upwards, taking care not to squeeze or crush the tick. Dispose of it when you have removed it. Clean the bite with antiseptic or soap and water.

Complete this card so you have a record of removing the tick. The risk of getting ill is low. You do not need to do anything else unless you become unwell.

Call 111 or see your GP if you get flu-like symptoms, such as feeling hot and shivery, headaches, aching muscles or feeling sick, or develop a circular red rash.



Mendip Activity Centre
Lyncombe Drive
Churchill
BS25 5PQ

2 – RECORD DETAILS

Name

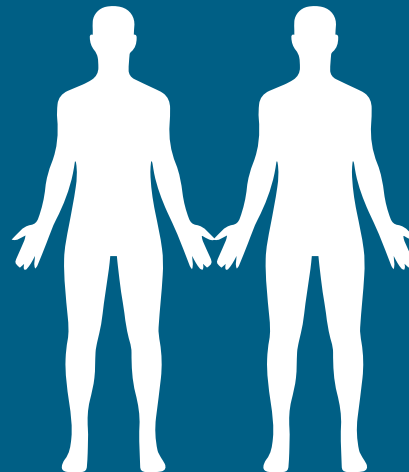
Date

Time

Most likely location tick acquired

Tick removed by

3 – MARK LOCATION



FRONT

BACK

If you remove a tick please take a photograph of this card and email it to ticks@mendip.me so we can monitor all tick bites for Public Health England.