



L R C
LYME RESOURCE CENTRE



Ticks and Lyme disease

Advice on tick bite avoidance :

1. The best way to prevent Lyme disease is to avoid being bitten.
2. Ticks are tiny and their bites are painless. Tick bites are easily missed and ticks may remain attached to the skin for several days.
3. Avoid exposing bare skin. Wear long sleeves and tuck trousers into socks. Light-coloured clothing may help you to see ticks more easily.
4. Use a tick repellent during outdoor activities.
5. Treat your clothing with the insect repellent permethrin.
6. Keep to well-maintained paths and avoid walking in long grass.
7. Carry a tick removal tool.
8. Check yourself, your children and your pets regularly for ticks and brush off any that are unattached.
9. Shower and do a thorough tick check after being outside. Don't forget the groin, hairline, behind the ears, and places where ticks are hard to spot.
10. Watch out for symptoms of Lyme disease in the days, weeks and months after spending time in places where ticks are present

See the information leaflet from the Lyme Resource Centre for further information and resources on ticks and Lyme disease.

<https://www.lymeresourcecentre.com/>