



L R C
LYME RESOURCE CENTRE



Ticks and Lyme disease- Risk assessment checklist

1. Ticks are present across the UK - in parks and woodland, fields and hills.
2. Ensure all adults on the trip read the tick bite prevention and removal information on the Lyme Resource Centre website or leaflets.
3. If the children will be outdoors ask the parents to: pack appropriate insect repellent ensure long sleeves are worn and trousers and do a thorough tick check when home and shower.
4. Ensure that your first aid kit contains at least one tick removal tool eg a tick removal card or tick twister.
5. Advise children to tell an adult immediately if they spot an attached tick - not to attempt to remove it themselves.
6. If a child does get bitten ensure the tick is removed using the **correct technique** as soon as possible. Send a letter to inform the parents.

For further information and resources on ticks and Lyme disease please visit the LRC website <https://www.lymeresourcecentre.com/>