

## **General Information on Ticks**

Ticks are small spider like creatures that feed on the blood of animals and people. They like the warm weather and live in the long grass; they do not fly or jump they wait patiently for a host to pass by and attach themselves to the skin. They feed on the blood between 2 and 10 days and when full will drop off.

Ticks are only a concern when they latch onto the skin in any location, areas on the body which ticks like the most are armpits, behind the knee, behind the ears and the groin area. Not all ticks carry diseases, but some do carry microbes that may cause a disease called 'Lyme Disease'. Symptoms of Lyme disease include: a flu like illness, fatigue and muscle and joint pain and an expanding red circle or rash around the infected area.



Lyme disease can be treated with a course of antibiotics however if treatment is delayed more serious conditions can develop so prevention is the key. If you do develop any of these symptoms seek advice from your GP or dial NHS 111.

If you do find a tick you are best to remove as soon as possible the safest way is to use a pair of tweezers or a tick removal tool which can be purchased at most vets. Try not to leave any mouthparts in the skin and monitor the bite area.

You can try to protect yourself and your child/ren as much as possible by covering up your bare skin and this includes long trousers and a long-sleeved top. When your child gets home do a tick check including the scalp area.