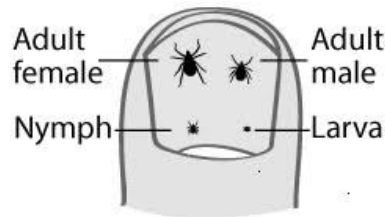


Ticks and Lyme Disease

Ticks are eight legged parasites that are commonly found in long vegetation. They feed on warm blooded mammals (especially sheep and deer), birds and even humans. Ticks can become infected with bacteria which cause Lyme disease in humans. One in three ticks will carry this disease.



You can take simple steps to avoid being bitten by ticks:

- When working in areas of long vegetation keep arms and legs covered
- Wear closed toe footwear and tuck trousers into socks
- Consider using an insect repellent spray on trouser legs or exposed skin, ones containing DEET are most effective
- Visually check your clothing and skin regularly whilst out. Brush off any ticks crawling on you
- Check your clothing and skin upon returning home and again when undressing, paying attention to your scalp.

Let Event Organisers know if anyone is bitten by a tick during litter picking events and always mention the risk of tick bites and how to avoid them during the safety talk before events begin.

If you are bitten:

Use a tick remover to remove ticks as soon as possible. Removing them within 12 hours significantly reduces the chance of being infected by Lyme's disease.

Take your time and remove the tick in an anti clockwise direction to ensure that mouth parts are not left behind and the tick's body is not crushed.

Clean the bite area with hot soapy water or antiseptic wipe.

Symptoms of Lyme Disease:

Symptoms can be quite vague but one sign to look out for is a bullseye shaped red rash (pictured below) at the bite location or near to it.



Other symptoms you may experience are flu like symptoms, extreme fatigue, muscle and joint pain and weakness, stiff neck, headache, disturbances of sight, hearing, digestion or sleep. **Always seek medical attention promptly if you have been bitten by a tick and feel unwell afterwards or are concerned.**

Doctors can diagnose Lyme disease with a simple test and will treat it with antibiotics if caught quickly.

Further information: <https://www.nhs.uk/conditions/lyme-disease/>
<http://lymediseaseuk.com/> <http://www.lymediseaseaction.org.uk/about-ticks/tick-removal/>