

Be Tick Aware



- You could be exposed to ticks whenever you are outdoors and enjoying the countryside, even in your garden or the local park.
- Ticks attach themselves to animals to feed and sometimes this can include people.
- You can prevent tick bites by walking on clearly defined paths, using insect repellent and performing regular tick checks.
- Some tick bites can result in infection or even Lyme Disease so it is important to remove ticks as soon as possible.
- Ticks can be removed safely with tweezers or a tick removal tool. Grasp the tick as close to the skin as possible. Do not squash the tick or attempt any other method of removal.
- If you have been bitten or recently spent time outdoors and start to feel unwell, contact your GP.

For more information, visit www.gov.uk/government/publications/tick-bite-risks-and-prevention-of-lyme-disease or www.LymeDiseaseAction.org.uk

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www.tattonpark.org.uk