

## How to safely remove a tick.

When using a tick-removal tool, follow manufacturer's instructions. When using fine-tipped tweezers, grasp the tick as close to the skin as possible. Steadily pull the tick outwards without jerking or twisting.

Never squeeze the tick's body, burn, freeze, or smother it in substances such as petroleum jelly, spirits or oils. This is thought to induce back flow of infective agents.



**"I feel that there is not enough awareness of Lyme disease in this country, given the fact that in rare cases it may become chronic."**

*Ray Mears*  
RAY MEARS, BADA-UK Patron



## Ticks and tick-borne diseases in the UK and Ireland



## Do the Tick Check.

Ticks prefer warm, moist, dark areas of the body.

**1. Check the whole body. It may be helpful to have someone else inspect areas that are hard to see, or if you are alone use a mirror.**

**2. Preferred areas include:**

**Hidden in:** belly button, around or in the ear, hairline and scalp.

**Parts that bend:** back of knee, elbow, between fingers and toes, underarms.

**Pressure points where clothing presses against skin:** underwear elastic, belts, collar.

**Bushcraft and Survival expert Ray Mears has joined the fight against Lyme disease (Borreliosis) by becoming Patron of the tick-borne disease charity BADA-UK.**

As a victim of Lyme disease himself, Ray understands the importance of being aware of ticks and the diseases they transmit in the UK and Ireland, and of the preventative measures that can be taken to help deter ticks from biting people and pets.



Mosi-guard Natural supports BADA-UK.  
'Bite Prevention for the Whole Family'  
[www.mosi-guard.co.uk](http://www.mosi-guard.co.uk)



# Are you tick aware?

## [www bada-uk org](http://www.bada-uk.org)

BADA-UK, PO Box 544, Wath upon Dearne, Rotherham, S63 3DW.

BADA-UK Registered charity No. 1113329, England and Wales,  
Registered charity No. SC038414, Scotland.  
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## Why do I need to know about ticks?

Ticks are second only to mosquitoes for carrying disease to humans. Changes in farming practices and the climate mean that there are more ticks in our countryside and urban areas.

Ticks feed on the blood of their host (animal or human) and can attach themselves almost anywhere on the body.

Special mouth parts and saliva allow the tick to fix itself securely into the skin, where it feeds for a number of days.

Ticks can carry a variety of infective organisms which occur naturally in wild animals. The tick ingests these organisms when feeding and passes them on to the next host. Wildlife is rarely affected but farm animals, domestic pets and people are, as they often have no resistance.

The primary illness to affect humans is Lyme disease (Borreliosis). Symptoms usually begin a few days or weeks after a tick bite, but sometimes it can be months.

Not every tick carries infective organisms, and not every bite will transmit disease. However, the longer an infected tick is allowed to feed, the more likely it is that an infection will result.



## Where do ticks live?

Ticks are usually found in long grass, leaf litter and on low plants where they wait for a host. In a split second they climb on as people or animals brush past, then look for a safe place to feed.

There are usually more ticks in woodland and forest areas, but they can also be found in fields and parkland, especially where there are livestock and deer. However, ticks can also be present in town parks and gardens.

Ticks are more abundant in late spring to early summer, and again during autumn. However, they can be active all year round during milder weather (above 3.5°C).



## Signs and symptoms of Lyme disease.

The most common sign of Lyme disease is an expanding rash, called an Erythema Migrans (EM), which can grow up to 75cm in diameter if left untreated. The rash can resemble a bull's-eye (round and with a central clearing), or it can appear more irregular. Multiple rashes can sometimes occur and in some cases a rash is never observed, or it may be found hidden under hair.

Other symptoms can include a fever, headache, chills, muscle and joint aches, and extreme fatigue. If left untreated, the infection can progress and result in much more serious complications including skin lesions, heart abnormalities and neurological symptoms. Such an infection is referred to as neuroborreliosis and can result in tingling, pain or an altered/loss of sensation and visual problems. Facial paralysis may also occur and, in severe cases, paralysis of the limbs.

Ticks can sometimes transmit a cocktail of different infections, termed co-infection. This can alter the presentation of Lyme disease and can affect the duration and type of treatment needed.

Dogs and horses can also be severely affected by Lyme disease and co-infections.



## How to protect yourself and your family.

- 1. Know where to expect ticks.** Many areas in the UK with good ground cover and diverse wildlife (such as squirrels, hedgehogs, birds and deer) can pose a potential risk as wildlife feeds any ticks and allows their population to increase. Animals also transport ticks to new areas.
- 2. Use a repellent,** reading the instructions carefully. There is currently no vaccine to defend against Lyme disease so prevention is key.
- 3. Tuck your trouser legs into your socks.** This helps to deter ticks from crawling inside your trouser legs, down into shoes and through most socks. Wearing gaiters will also help to prevent this.
- 4. Check your body** carefully for ticks after being outdoors taking special care to check all over the body.
- 5. Don't bring ticks home.** Check clothing and pets for ticks to avoid bringing them inside.
- If you do find a tick, **carefully remove** it by using a specialist tick-removal tool or fine-tipped tweezers.
- 7. Protect your pets.** Talk to your vet about tick treatments.



## FACT

**Ticks release a numbing saliva when they attach so you won't feel a thing!**