



**SEEK MEDICAL ADVICE  
IF YOU THINK YOU  
MIGHT HAVE EARLY  
LYME DISEASE.**

The disease is easily treated with antibiotics.



**PROTECT YOURSELF AGAINST LYME DISEASE**



Designed by [www.mammalcreate.co.uk](http://www.mammalcreate.co.uk) for BFG HS Health Service  
Tick Twister photographs supplied by J.A.K Marketing Limited



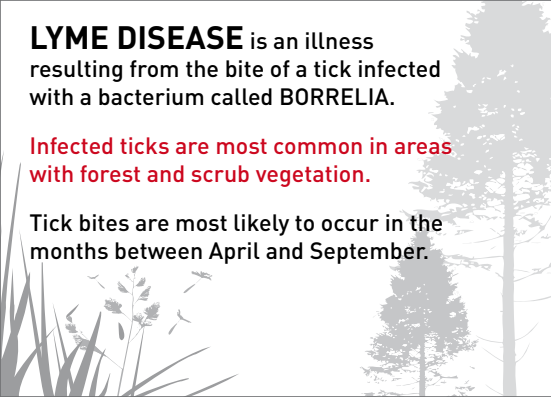
**TICK**



**NO TICK**



**PROTECT YOURSELF AGAINST  
LYME DISEASE**



**LYME DISEASE** is an illness resulting from the bite of a tick infected with a bacterium called BORRELIA.

**Infected ticks are most common in areas with forest and scrub vegetation.**

Tick bites are most likely to occur in the months between April and September.

## **PREVENTING TICK BITES**

**USE INSECT REPELLENT ON EXPOSED SKIN. DEET IS VERY EFFECTIVE.**

Clothing should be treated with insecticide sprays or solutions, such as a permethrin based product.

**In grassy or woodland areas, wear long trousers and tuck the legs of the trousers into your socks.**

When returning from outdoor activity, check your whole body for ticks.

## **HOW TO REMOVE A TICK**

**REMOVE THE TICK AS SOON AS POSSIBLE AFTER YOU NOTICE IT.**

Remove the tick by using the twister as described.

**If using tweezers grip gently and firmly near the head and pull until it releases its hold on the skin.**

Be aware of any changes in your health, such as a rash, fevers, or prolonged headaches.