

LYME DISEASE

What you need to know



- ▶ Not everyone gets a rash from an infected tick bite.
- ▶ Infected ticks have been found in every county in the UK.
- ▶ You can be bitten by an infected tick during any season.
- ▶ Lyme disease can be very difficult to treat if not diagnosed early.
- ▶ There is no established minimum time that a tick needs to be attached to transmit infection.
- ▶ You don't need to be near deer or livestock to be bitten by an infected tick.
- ▶ Lyme disease can be mistaken for many other conditions.



Protect yourself from **TICK BITES**

1. Wear insect repellent during outdoor activities



2. Avoid walking through long grass and stick to pathways



3. Wear light coloured clothing and brush off any visible ticks



4. If you have to walk in long grass tuck trousers into socks



5. Shower and check for ticks when you get home



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