

IMPORTANT INFORMATION

TICKS

Please watch out for ticks on your children, especially if they have been playing in the woods or in long grass.



More information can be found at [NHS Guidance](http://www.ilads.org/) or please look at <http://www.ilads.org/> website that gives you a lot of very useful information.

Ticks

If you've been bitten by a tick, remove it as soon as possible to reduce the risk of getting a tick-borne infection, such as [Lyme disease](#) (a bacterial infection that causes a pink or red circular rash to develop around the area of the bite).

It's important that you remove the tick quickly and correctly by:

- using a pair of fine-tipped tweezers or a tick removal tool (available from pet shops or veterinary surgeries)
- wearing gloves or using tissue over your fingers to avoid touching the tick
- grabbing the tick as close to the skin as possible
- gently but firmly pulling straight up until all of the tick's mouthparts have been removed
- not twisting or jerking the tick while removing it to avoid the mouthparts breaking off and remaining in the skin
- washing your hands with soap and water afterwards

Don't use petroleum jelly, alcohol, a lit match or any other method to try to remove a tick. It won't work and could cause infection.

After removing the tick, clean the bite with soap and water or an antiseptic, such as an iodine scrub.

Avoid scratching the bite because it will cause further swelling and increase the risk of infection. Most tick bites will heal within three weeks.

Seek medical attention if you've been unable to remove all of the tick. You should also see your GP if you develop:

- a pink or red rash
- a temperature of 38°C (100.4°F) or above
- other [flu-like symptoms](#), such as a [headache](#) or [joint pain](#)
- swollen lymph nodes

You may need antibiotics to prevent Lyme disease.

Read more about [how Lyme disease is treated](#).