

### What does the rash look like?

If you develop a rash after a tick bite, make an appointment with your GP within a week. The red rash from the tick bite spreads, sometimes like a target pattern to a red rash over a week. It may spread across a whole thigh and become more faded over 4-6 weeks then disappear.



### Is this a new problem?

We think Lyme disease has been around for hundred of years but there have been a definite increase over the past 5-10 years. There are many theories on why this might be so but no reliable method of predicting "Lyme disease hot spots" as it seems to vary from year to year between locations and within locations.

### Is it risky going into the countryside now?

There are far more health benefits from all of us going into and enjoying the countryside than any slight risk of tick bites. If we deal with the ticks confidently and knowledgeably ticks will be a "non-problem"!

### Where can I get more information?

[www.nhs.uk/Conditions/Lyme-disease/Pages/Symptoms.aspx](http://www.nhs.uk/Conditions/Lyme-disease/Pages/Symptoms.aspx)

[www.lymediseaseaction.org.uk](http://www.lymediseaseaction.org.uk)



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ARDERSIER

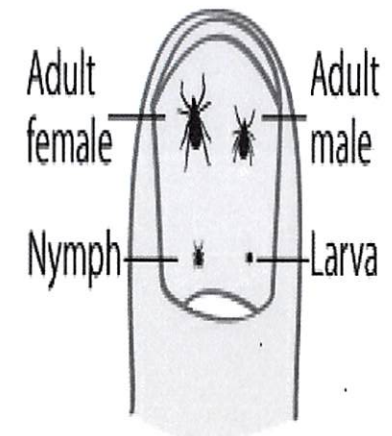
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## Tick Information Guide



Winter in Nairnshire is over and we all look forward to summer and getting into the countryside and gardens.

Lyme disease is easily prevented and treated with some common sense!

### **What is the problem with ticks in Scotland?**

The undergrowth in the countryside, from spring until autumn, is covered in tiny ticks which live on deer, rodents and ground nesting birds. Up to 10% of ticks may carry bacteria in the stomach of the tick which is transferred to people and animals when the tick attaches itself and feeds off our blood. If the tick is removed quickly and correctly there is no risk to health but there is a risk of developing Lyme disease if this is not done properly. March to October are the at risk months in Scotland for ticks.

### **How can I stop getting tick bites?**

Stick to paths to avoid walking through undergrowth with your legs exposed. Wear long trousers and tuck into your socks! Be extra vigilant if you are wearing shorts and sitting on the ground! The ticks like groins, behind knees and armpits where you may not see them easily. You may need to get someone else to check your body for ticks!

### **What should I do if I find a tick on myself or a child?**

Wait until you get home and calmly remove the tick with a tick removal tool which is designed to get underneath the tick and lift it off safely. Don't attempt to remove it with your fingers. Tweezers are ok if you get the base of the tick but the special tools are better. Using fingers or tweezers risk squeezing the tick and actually injecting the Lyme disease bacteria into your blood.

**DO NOT USE VASELINE, CIGARETTES OR ALCOHOL**

### **What do ticks look like?**

Many people think of ticks as being quite big but they are in fact very small. Unfed, the largest tick is a female who is about the size of a sesame seed (3mm) and is the same oval and flat shape. After she has fed, she swells up to many times her original size (approx 11mm). Male ticks are a bit smaller and are about 2.5mm. Nymph ticks are even smaller pinhead or poppy seed size (1.5mm). Newly hatched ticks (larvae) are the smallest and can be smaller than a poppy seed (approx 0.5mm) and in fact to the naked eye the larvae look like specks of soot.



### **What are tick removal devices and where do I get one?**

One type looks like a clear plastic card with a small magnifying glass. The other type is a small plastic lever which looks a little bit like a claw hammer to remove nails. They both cost about £5 and work well. It is a good idea to have one in your first aid kit or in your rucksack. They are available at Pampered Pets, Nairn Pet Shop, Ardersier Pharmacy, outdoor shops, pharmacies, some petrol stations and from internet sites.



### **What is Lyme Disease?**

The bacteria transfers itself from the tick to a human host and causes a red skin rash. Simple antibiotic treatment cures this early stage easily. If the rash goes unnoticed the bacteria can cause joint pains or nerve problems which require stronger antibiotics to cure.