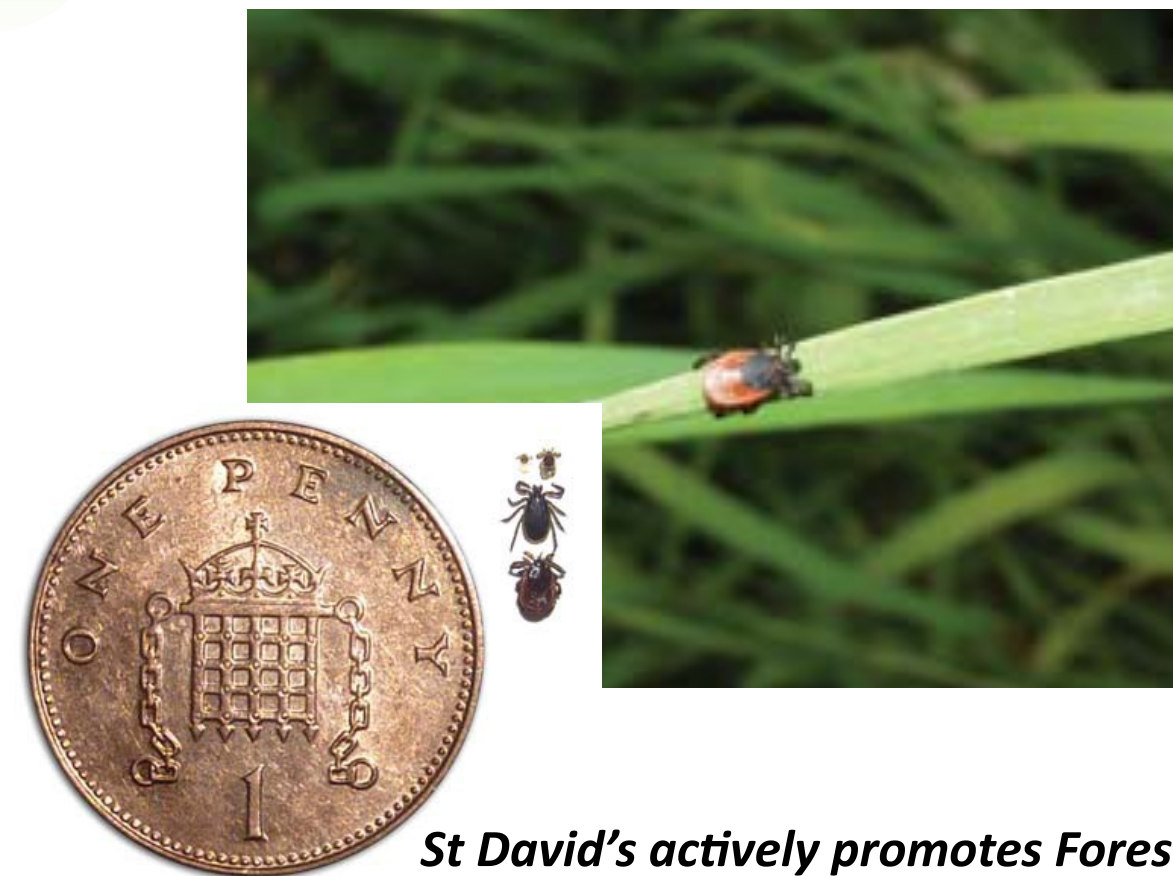


# Be *tick* aware!



*St David's actively promotes Forest School and each week our children visit the local forest. We believe in the importance of children developing a love and respect the outdoors.*

However from Spring to Autumn ticks are common here. This booklet gives you advice about how to protect yourself and your family.

## What are ticks?

Ticks are very small spider like creatures which feed on blood. In the wild they feed on animals like deer, foxes and rabbits but occasionally they will bite humans.



## The main health risks...

Some ticks carry the bacteria which causes Lyme disease. Lyme disease can cause serious illness in humans. Lyme disease can usually be effectively treated. If it is not treated, or if treatment is delayed, it can lead to serious health problems.

The risk of catching Lyme disease is small but you need to be aware of the areas where there could be ticks and what to do if you or a family member gets bitten.



## What can I do to prevent bites?

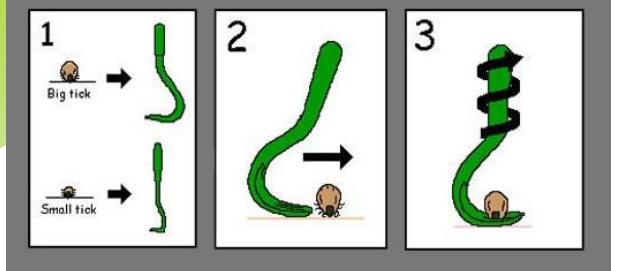
- Ticks mostly live in thick vegetation like long grass and heather. Try to avoid walking through these areas and stick to paths where possible.
- **Ticks can't fly or jump but they crawl onto you so protect exposed skin, wear long sleeves and tuck trousers into boots. Also light coloured clothing can make ticks easier to spot and remove.**
- A spray on insect repellent used in accordance with manufacturer's instructions can deter ticks from crawling onto you or your child.

**It is very important to check yourself and your child for ticks at regular intervals when you are outside and more thoroughly once you have got home. Ticks often crawl into warm areas of the body eg armpit, waist, groin. Also check head and neck.**

**ALWAYS CHECK YOUR CHILD FOR TICKS AFTER A FOREST SCHOOL SESSION.**

## If you have been bitten

- remove ticks as soon as possible
- the safest way to remove a tick is to use a tick removal tool available from the Apoteke



- grasp the tick as close to the skin as possible pull upwards slowly and firmly, as mouthparts left in the skin can cause a local infection

- clean the bite area, and monitor it for several weeks for any changes

*Never use alcohol, chemicals or heat to remove ticks.*



**Contact your doctor promptly if you or your child begin to feel unwell with flu-like symptoms or develop a spreading circular red rash. Remember to tell them you were bitten by a tick or have recently spent time outdoors.**

## KEY POINTS

1. Be aware of ticks when you or your child is outside
2. Try to avoid ticks where possible and get into the habit of **carrying out regular tick checks, especially after a Forest School session.**
3. Remove any ticks from your body as soon as possible using the proper technique.
4. See your doctor if you or your child has any of the symptoms described above and you think you or someone in your family have been bitten by a tick.

*Information based on advice from [www.gov.uk](http://www.gov.uk) and The Highlands Council.*