

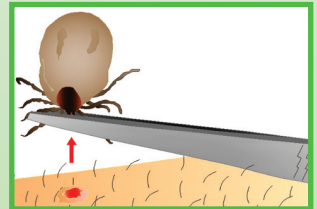
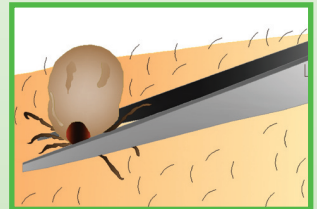


THE FOLLOWING TICK-REMOVAL PROCEDURES ARE MULTI-ASSOCIATION ENDORSED.

See www.bada-uk.org.

Use a bespoke tick-removal tool or fine-tipped tweezers and wear rubber gloves. In the absence of gloves, shield your fingers with a tissue or paper.

1. *When using tweezers, grasp the tick as close to the host's skin as possible and pull upward with steady, even, pressure. Do not twist or jerk the tick as this may leave the mouth parts embedded, or cause the tick to regurgitate infective fluids. Remove any embedded mouth parts with tweezers. If using a bespoke tick-removal tool, follow the manufacturer's instructions.*
2. *Do not squeeze, crush, or puncture the body of the tick, because its fluids (saliva & gut contents) may contain infective organisms.*
3. *Do not handle the tick with bare hands, because infective agents may enter through mucous membranes or breaks in the skin.*
4. *After removing the tick, disinfect the bite site and wash your hands with soap and water.*



You may wish to save the tick for identification in case you become ill within several weeks. Your doctor can use the information to assist in making an accurate diagnosis. Write the date of the bite in pencil on a piece of paper and put it with the tick in a plastic bag. Place the sealed bag in the freezer. Although not every tick carries Borreliosis or any of the known co-infections, immediate removal of an attached tick is recommended.

Do not freeze or burn the tick, or smother it with 'petroleum jelly', or any liquid solutions, as this will stimulate it to regurgitate its stomach contents, increasing the chances of infection.



TOP TEN TICK – DEFENCE TIPS

- 1. Wear suitable clothing** – Gaiters, or tucking long trousers into socks, and choosing clothes with elastic or drawstrings at the waist, wrist, and ankle, will help to deter ticks from crawling under clothes and attaching. Clothing made from smooth or waxed material is hard for ticks to climb, and light-coloured fabrics make them easier to see. Wearing shorts in tick habitat is an invitation to be bitten!
- 2. Use a repellent** – Insect repellents that contain 'permethrin' can be sprayed on clothing. **DO NOT APPLY THIS CHEMICAL DIRECTLY TO SKIN.** Allow clothing to dry thoroughly before wearing. Repellents that contain 25% 'DEET' can be applied to skin but they evaporate quickly and need repeated application. N.B. Confine application to small areas of the arms, legs and neck, as treatment over large areas can cause toxicity, especially in children. 'DEET'-free and herbal products for topical application are available from various outlets.
- 3. Carry a tick remover** – When visiting tick habitat carry a tick removal tool and antiseptic wipes. Tick removers are available from BADA-UK, some veterinary surgeries, and chain pet stores.
- 4. Walk in the centre of paths** – Avoid overhanging vegetation at the edge of paths where ticks may be waiting.
- 5. Have a 'tick buddy'** – When planning an excursion into tick habitat, have a designated 'tick buddy' to help you check your body. Pay particular attention to the scalp as ticks can easily hide under the hair.
- 6. Deter ticks from gardens** – Careful landscaping of park areas and gardens can help to deter ticks, as they thrive in humid environments and avoid sunny, dry areas. The following tips can help to create a 'safe zone':
 - a)** Keep leaf litter to a minimum.
 - b)** Keep grass short and overhanging vegetation cut back from the edge of paths.
 - c)** Divide lawns from shrub areas with wood chips or gravel.
 - d)** Keep seating and play equipment away from borders, trees and bird feeders.
 - e)** Use fencing to divide gardens from deer habitat.
- 7. Keep pets tick free** – Tick-control products that are 'spot on' or spray on, are available from veterinary surgeries but are not suitable for all types of animal. Talk to your vet about which control method is suitable for your particular pet.
- 8. Treat pet accessories with repellents** – Pyrethrum-based sprays are available from pet shops and veterinary surgeries for accessories, such as dog-jackets and bedding. You can also treat vehicle upholstery if your pet travels regularly.
- 9. Groom pets thoroughly** – Make sure you also brush against, as well as with, the hair-growth to see any embedded ticks. Check inside the ears, around the eyes, on the chin and around the muzzle, as well as in between pads and toes.
- 10. Don't bring ticks home** – Take off outer clothes before entering the home. Ticks are very intolerant of being dried out and so clothing can be treated in a tumble drier to kill any ticks that may remain hidden. Tests have demonstrated that ticks can survive a full cycle in the washing machine and short durations in a dryer so high heat and a prolonged period of drying would be necessary to kill any remaining ticks.

**REMEMBER, TICKS CAN BE FOUND ANYWHERE THAT WILDLIFE IS PRESENT.
THIS CAN INCLUDE SUBURBAN AND URBAN AREAS.**