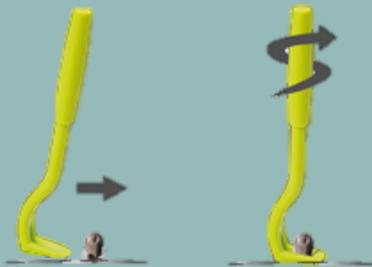


How to Safely Remove a Tick

1. Use a tick twister to hook under the tick's body. Be careful not to squeeze the tick.
2. Slowly twist the tick out.



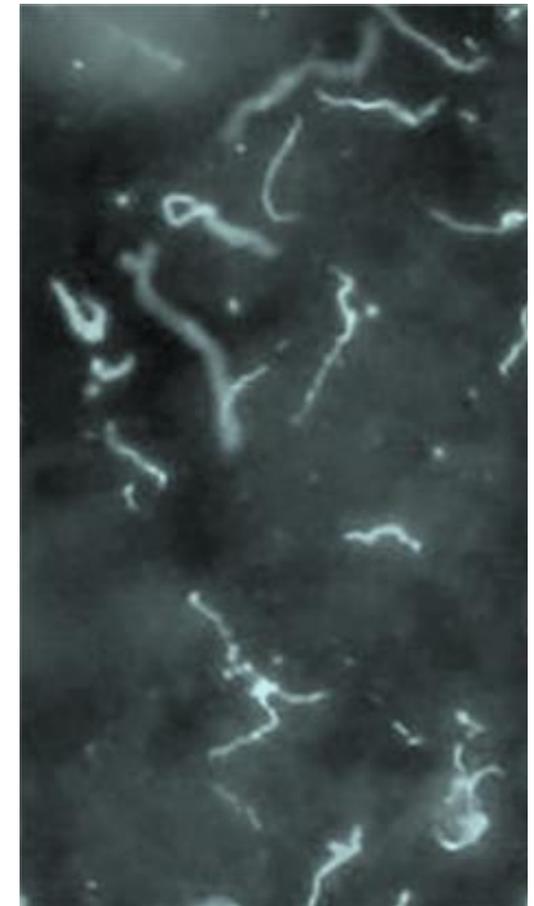
DO NOT

- Use soap or Vaseline to remove the tick (this will cause it to regurgitate).
- Pick the tick off (this may leave the head imbedded).



With many thanks to Ealasaid Dick (North Uist vet) and Iain Macdonald (North Uist Crofter)

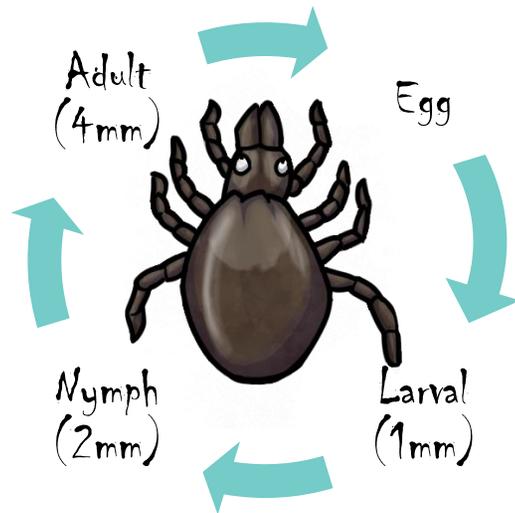
Ticks and Lyme Disease



A Scottish Science Baccalaureate project by Jenny Macdonald

Ticks

Ticks are parasites which feed off blood to survive.



Ticks can carry a variety of diseases, including Lyme.

Habitat

Moist and shaded areas provide the perfect habitat for ticks

These include:

- Long grass
- Bracken
- Heather

Avoiding Ticks

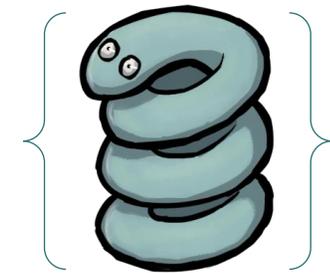
If you are walking in a tick infested habitat there are some measures you can take to help avoid ticks:

- Minimise exposed skin – Wellie boots are great as they completely cover the feet and ankles
- Don't lie around in long grass, heather and bracken – this offers the ticks a perfect opportunity to find a place to start feeding
- Wear light-coloured clothing
- If you are hiking with a dog, avoid letting it into your tent
- Remove outdoor clothing before going inside
- Stick to paths

Check yourself and your dog for ticks when you get back inside. It is best to check yourself again after 12 hours, because ticks are fast crawlers!

Lyme Disease

Lyme Disease is uncommon, but can lead to long lasting effects if it is not treated early.



Ticks carrying Lyme Disease will not transfer it immediately. This is why it is important to remove a tick safely as soon as possible.

Early Symptoms

Lyme Disease can be hard to spot as many of the early symptoms are flu-like.

- Erythema migrans (EM) rash which may appear as a 'Bull's-eye' shape
- Fatigue
- Sore joints

If a rash develops around the site of a tick bite, see your GP.