



TICKS AND LYME DISEASE

Most ticks are little more than an irritation, but a few can transmit Lyme disease, a potentially serious illness which is treatable with antibiotics if diagnosed early. It is therefore important to be informed and take some simple precautions.

What are ticks?

- Ticks are tiny, spider-like creatures which feed on the blood of animals.
- They are found mostly in grassland, heathland and woodland areas throughout the UK.
- They are most common from April to October but can be active during mild winters.

What can I do to prevent being bitten by a tick?

- Avoid exposed skin: wear long trousers tucked into socks, and long sleeves.
- Avoid long and overhanging vegetation and keep to footpaths.
- Consider using insect repellent.
- Check your skin and clothing while you are out in the field and again when you return home: ticks bites don't usually hurt so it is important to check your skin thoroughly.

What should I do if I am bitten by a tick?

- Ticks should be removed promptly using a tick remover (available from vets or specialist websites below) or tweezers.
- Don't squash or squeeze the tick; don't apply heat; don't cover it with creams or plasters.
- If you develop a rash around a bite or flu-like symptoms, or if you are concerned in anyway, consult a doctor as soon as possible.
- See the specialist websites below for more detailed advice.

Where can I found out more?

- [What do I need to know about ticks – Health Protection Scotland](#)
- [Ticks and your health - Public Health England](#)
- [Ray Mears Top Tips – Tick Bite Prevention Week](#)
- [Tick Removal – BADA-UK](#)
- [Tick Removal – Lyme Disease Action](#)
- [Lyme Disease - NHS Choices](#)

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