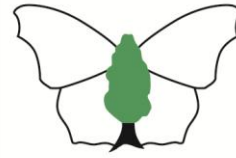


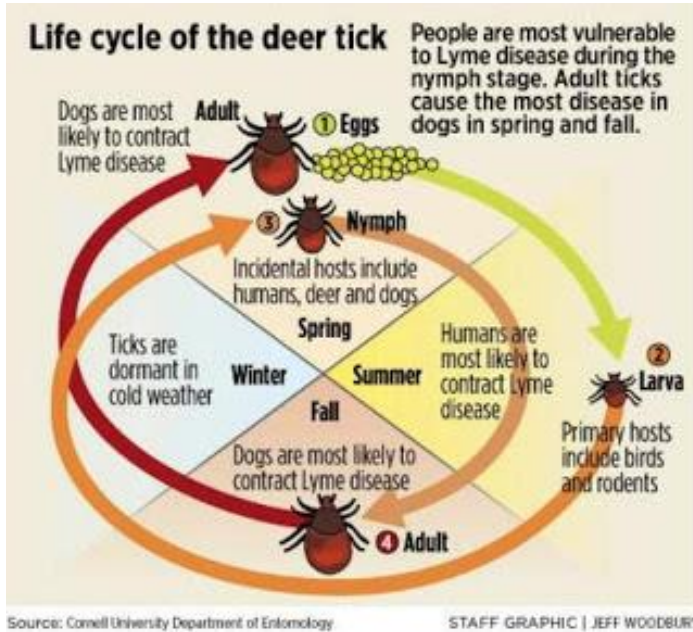
TICKS AND LYME DISEASE



Butterfly Conservation

Saving butterflies, moths and our environment

Most ticks are little more than an irritation, but a few can transmit Lyme disease, a rare and 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 in grassy, heathland and woodland areas throughout the UK. They are most common from April to October but can be active during mild



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 carefully and promptly using a tick remover (available from vets) or tweezers.

Don't squeeze the tick, don't apply heat and 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.

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Butterfly Conservation is a charity registered in England & Wales (254937) and in Scotland (SCO39268)