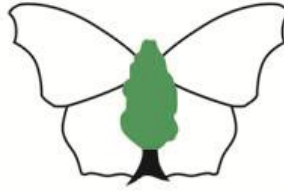




BE TICK AWARE



**Butterfly
Conservation**

Saving butterflies, moths and our environment

WATCH OUT, TICKS ABOUT!



What are they?

Ticks are tiny and very common blood-sucking insects. Most are little more than an irritation, but a few carry the bacteria which cause a serious illness, Lyme Disease, the infection entering the bloodstream of humans and other animals via the tick bite.

When are they found?

There is a slight risk at any time, but they are at their most active in spring and in autumn.

Where are they found?

Ticks are found in grassy, scrubby and woodland areas, including this site.

What precautions can be taken?

Avoid exposed skin and wear appropriate clothing in risk areas. Insect repellent can help. Tucking trousers into socks may be helpful. Ticks may be visible on light coloured clothing.

What are the signs?

Check for insects after returning from likely sites. Pay particular attention to groin and armpit areas and look for redness around a bite. An early rash could be due to a number of causes, but if persistent or developing, medical attention should be sought, particularly if accompanied by flu-like symptoms.

What should you do?

Carefully remove any ticks found. Use tweezers and pull out without twisting or squeezing. Do **NOT** apply heat (cigarette ends/matches) or chemicals (alcohol/ nail varnish remover). Tick removers sold by vets for use on dogs are also suitable for humans. If in doubt, see a doctor. Early treatment is very effective.

www.butterfly-conservation.org

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