



# Tick Guidance

## What are ticks?

Ticks are small, spider-like creatures that feed on the blood of animals, including humans. They can vary in size with larvae being as small as a freckle, to adults being similar in size to a baked bean.

## Where do you find ticks?

Ticks live in many habitats but are particularly found in long grass and leaf litter in woodlands, grassland, moorlands, heathland and some urban parks and gardens. They attach to skin when a host passes by and will feed for several days before dropping off. Ticks are found throughout the year but are most active between spring and autumn.

## What are the risks?

Ticks can transmit diseases such as Lyme disease. It is important that you remain aware, even if you are not aware that you have been bitten. Symptoms of Lyme disease can include:

- A red "bullseye" rash
- Flu-like symptoms
- Fatigue
- Muscle and joint pain
- Migraines

If you have been bitten or have any concerns that you may have been bitten, it is important to seek medical advice from NHS 111 or your GP.

## What can I do to avoid being bitten?

To avoid being bitten, you should try to stick to clear paths and avoid brushing against vegetation.

Ensure you have fine-tipped tweezers or a tick removal tool on you whilst you are out.

You should try to wear long, light-coloured clothing so that you are able to see any ticks that may get onto your clothing. In particularly high-risk areas consider wearing protective clothing such as full-body overalls.

Repellents containing DEET will minimise the risk of any ticks biting your skin and you should always carry out a full check of your clothes and body after your outdoor activity.

### **What should I do if I have been bitten?**

If you notice that you have been bitten, remove the tick as soon as possible using fine tipped tweezers or a tick removal tool. You should pull the tick from as close to the skin as possible, ensuring you remove the head. After removal, clean and monitor the area for any redness or swelling.

Seek medical advice immediately if you are unable to remove the tick or the head.

### **More information**

More information can be found:

- [On the NHS website](#)
- [Lyme Disease Action UK](#)

If you require more advice or additional information please contact the Resources Team [info@butterfly-conservation.org](mailto:info@butterfly-conservation.org)