



UK Health  
Security  
Agency

# Enjoy the outdoors but 'be tick aware'



**Ticks can transmit microbes that cause infections such as Lyme disease or tick borne encephalitis. Being tick aware by using the following information can help to reduce the chance of tick bites and of being infected:**

- you could be exposed to ticks whenever you spend time outdoors, including when in your garden or the local park
- ticks mainly attach to animals, but sometimes they may bite you, your family or your pets
- you can reduce the chance of tick bites by walking on clearly defined paths, using insect repellent and performing **regular tick checks**
- ticks can bite anywhere on the body, including in your hair. More than one tick can be attached to you at a time
- some tick bites can result in infection, so it is important to remove ticks safely and as quickly as possible
- the safest way to remove a tick is by using a pair of **fine-tipped tweezers** or a tick removal tool
- If you have been bitten by a tick, or recently spent time outdoors and develop flu-like symptoms, **contact your GP or dial NHS 111 promptly**

For more information, search for the phrases 'ticks' and 'Lyme disease' on these websites:

[www.nhs.uk](http://www.nhs.uk)

[www.gov.uk](http://www.gov.uk)

[www.nice.org/guidance](http://www.nice.org/guidance)

