

## **Tick Awareness**

Sometimes ticks carry bacteria that can cause infections in humans. Lyme disease is one such infection. Bacteria can be transferred when a tick bites you. Here are some simple precautions you can take to reduce the chances of being bitten by a tick:

- Wear full leg cover without any holes or gaps. Tights with gaiters may be best.
- Consider using an insecticide containing picaridin or citriodiol on clothing below the waist.
- Check yourself and your clothes for ticks after an event. Remove any that are embedded using a tick remover tool or fine tweezers.
- Contact your GP if you notice signs of a rash or experience flu-like symptoms.

For more information you could have a look at the [info sheet](#) from NHS Scotland.

[Lyme Disease UK](#) is a charity which produces materials for information purposes and to raise awareness locally.

There is information specifically about Lyme disease on the [NHS inform](#) website.