**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.

**Lyme distribution in Scotland**

Most tick bites are harmless.

A study by the University of Aberdeen and Macaulay Institute found on average that 5% of ticks in Scotland carry Lyme disease, however, that can vary rapidly over short distances, from one area to another, from season to season, and may increase with time.

**Insect repellents against Ticks**

Entomologist, Dr Nicola Seal found that DEET may be best for mosquitoes and midges, but not for ticks. Consider using an insect repellent containing **icaridin** or **citriodiol** on clothing below the waist. Here are some insect repellents that contain one or other of these insecticides:

**Icaridin**/Picaridin/Saltidin/Bayreopel/Piperidine – found in Autan Protection Plus (20%), Autan Family Care (10%), Smidge, Ecoguard Family and Extreme, Care Plus Sensitive

**Citriodiol**/PMD/Lemon eyucalyptus/Menthogycol- found in Mosi-guard Natural (30%), Mosi-guard Plus (40%), Careplus Natural, Jungle Formula Natural, Lifesystems Natural, Boots Repel Natural

For more information you could have a look at the [info sheet](https://www.invasivespecies.scot/sites/sisi8/files/1_tick-lyme-disease-infosheet-20170810.pdf) from NHS Scotland.

[Lyme Disease UK](https://lymediseaseuk.com/2019/03/10/wake-up-to-lyme-downloadable-awareness-pack/) 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](https://www.nhsinform.scot/illnesses-and-conditions/infections-and-poisoning/lyme-disease) website.