

# Checking for Ticks – Lyme Disease

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# Check for Ticks

Public facing campaign

Targeted at “ticky sites” with high footfall and public access such as Tentsmuir and the Lodge

Sign maker poster

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

 Forestry Commission Scotland  
Coimisean na Coilltearachd Alba

## Checking for ticks is easy



in & around the hair & ears

under arms

inside belly button

around waist & back

between legs & back of knees

feet & between toes

**Check for ticks when you get home**

Ticks are tiny spider-like creatures that can sometimes pass on disease. Removing ticks quickly reduces any risk of illness.

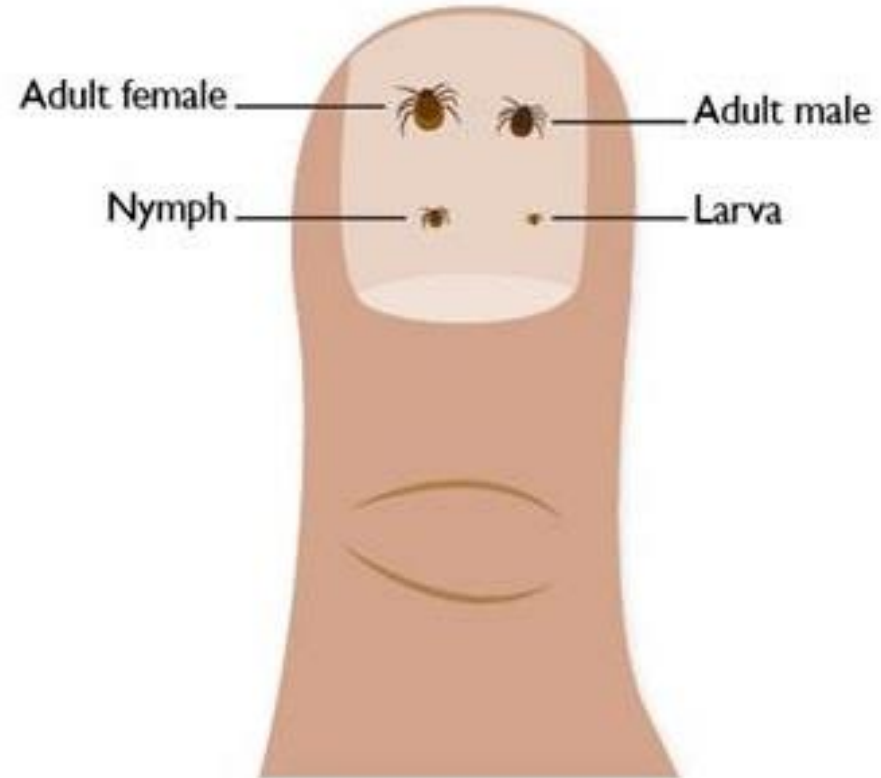
Find out more at: [www.forestry.gov.uk/checkforticks](http://www.forestry.gov.uk/checkforticks)

# Checking for ticks is easy

## What are ticks?

Ticks are small spider-like creatures that live in the countryside. They can be found in woodland, moorland, grassland and parks. Young ticks can be as small as a poppy seed, whilst older ticks look like a tiny spider.

As part of their life cycle, ticks feed on other animals – usually deer and sheep. Occasionally they feed on us too! Ticks are most active between March and October.



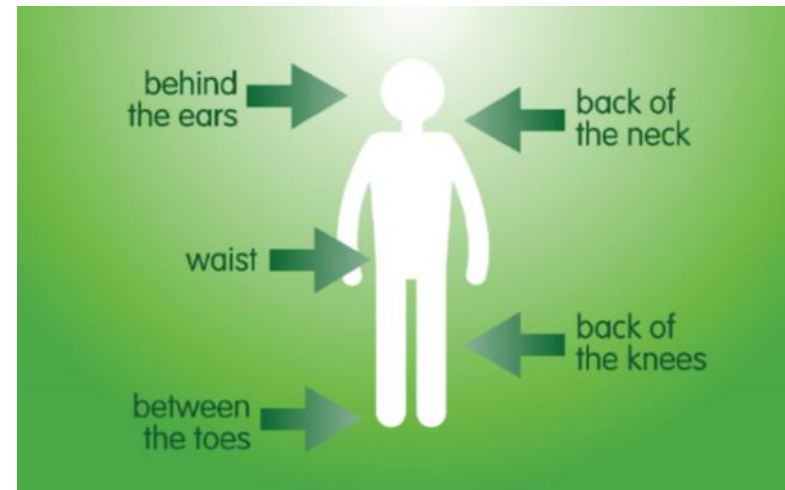
# Checking for ticks is easy

## Why can ticks be a problem?

Ticks can sometimes pass on disease to humans, including Lyme disease. Not all ticks carry disease. **Removing ticks quickly and safely greatly reduces any risk of illness.**

## What should I do?

Keep enjoying the outdoors!  
Just carefully **check for ticks** after a visit to the countryside.



# Checking for ticks is easy

What do I do if I find a tick on me?

- Don't panic!
- Remove the tick as soon as possible



The safest way to remove a tick is to **use a tick removal tool**, which can be bought in most outdoor shops and chemists.

Keep an eye on the bite site. If a large red rash develops, or if you feel unwell, tell your doctor you've been bitten by a tick.

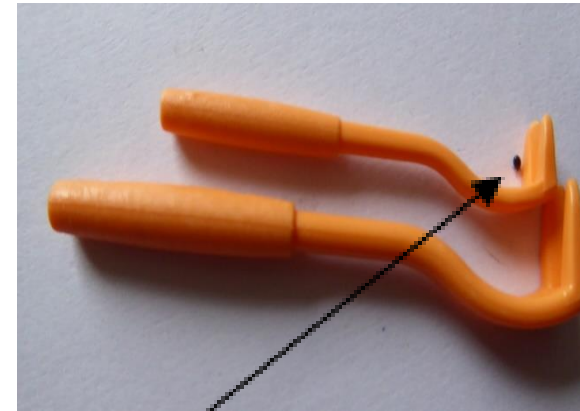
(Note: A small, itchy spot is a normal reaction to a tick bite)

# Checking for ticks is easy

## Anything else I can do?

You're less likely to pick up a tick if you:

- **Keep to clearly defined paths**
- **Avoid dense vegetation**
- **Use insect repellent**



Size of nymph tick relative to removal device

# TICKED OFF

## Tick Avoidance



The **Ticked Off Campaign** is a Forestry Commission Scotland initiative to raise awareness of Tick Bites and Lyme Disease amongst Forestry Commission staff and anyone who works in the outdoors

- All staff HTML e-mail to kick start campaign,
- Seven films (between 2 and 4 mins in length)
- Summer and Autumn blog and factsheets,
- Seven staff case studies,
- Forest Research Briefing Note,
- FC staff risk survey.

**AVOID • CHECK • REMOVE • REPORT**

# TICKED OFF

## Tick Avoidance



The **Ticked Off Campaign** was launched in spring 2017.

The campaign comprises of: **seven films;**

- 1 Overview – Ticks & Lyme Disease <https://youtu.be/Quoh5YFVsX0>
- 2 What are Ticks
- 3 Avoiding Ticks
- 4 Checking for Ticks
- 5 Tick Removal 6 Lyme Disease Signs & Symptoms
- 7 Summary



# TICKED OFF

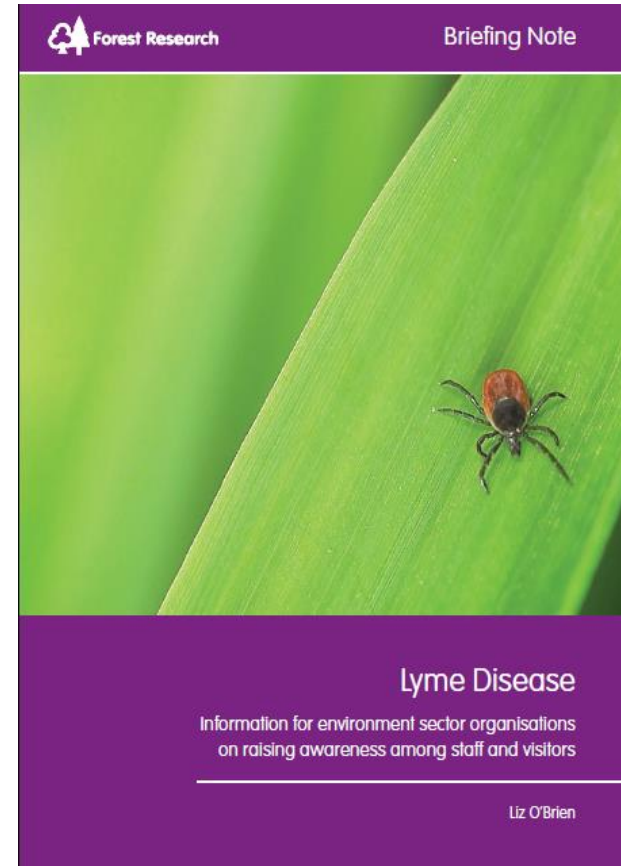
## Tick Avoidance



### Forest Research Briefing Note:

Information for environment sector organisations on raising awareness among staff and visitors

<https://www.forestresearch.gov.uk/tools-and-resources/lyme-disease/>



**AVOID • CHECK • REMOVE • REPORT**