



Procedure for ticks

Ticks are small, spider-like creatures that feed on the blood of animals, including people. They are usually found in woodlands, grassland, moorland, heathland and some urban parks and gardens. Ticks can transmit bacteria that cause diseases such as Lyme disease, which can lead to very serious conditions if left untreated.

Symptoms of Lyme disease can include flu-like symptoms, fatigue, muscle and joint pain.

After your child has attended a BEING Outdoors CIC session, check your child for ticks - remove your child's clothes and having a good look and feel for any tick, especially the groin area, waist, arm pits, behind the knee and along hairlines - ticks love warm, moist areas. Ticks can look like a small freckle or a speck of dust so look out for anything small as well.

Ticks commonly bite young children on the head/scalp so they would need to be carefully checked around the neck, behind the ears and along the hairline.

If you find a tick, remove the tick as soon as possible by using a pair of fine-tipped tweezers, or a tick removal tool. Grasp the tick as close to the skin as possible and pull upwards slowly and firmly, as mouthparts left in the skin can cause a local infection.

Once removed, apply antiseptic to the bite area, or wash with soap and water and keep an eye on it for several weeks for any changes. Contact your GP if you begin to feel unwell and remember to tell them you were bitten by a tick or have recently spent time outdoors.

For more information, visit go to the 'Be Tick Aware Toolkit':

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/1149305/Be_tick_aware_toolkit.pdf

<https://www.gov.uk/government/publications/tick-bite-risks-and-prevention-of-lyme-disease>