



The Ecology Centre – Tick information

There is a chance that people of all ages enjoying environmental education at The Ecology Centre may be bitten by a tick. It is very rare for a tick bite to lead to Lyme disease but we ask you to please read the following advice carefully and pass it on to parents/guardians as appropriate.

What are ticks?

Ticks attach themselves to deer, livestock, domestic animals, and humans. They feed by biting through the skin and sucking blood. They are present in most parts of the country and are most abundant in long grass, rough vegetation, bracken and woodland. They may be present throughout the year but are particularly active between May and October and especially at times of warm weather.

Lyme Disease – What is it?

Most tick bites are, essentially, harmless and can be treated with an insect bite cream to reduce any irritation. However, Lyme disease is an illness which can develop in humans who are bitten by a minority of ticks which carry the *Borrelia burgdorferi* bacteria, or other diseases. With this in mind, this guidance seeks to raise awareness of the issue, not alarm. It should not detract from your enjoyment of the countryside. Although ticks are abundant, most are not infected by the bacteria and the incidence of bites from infected ticks that develop into Lyme Disease in humans is, thankfully, low. More information can be found on internet websites if you search for 'Lyme Disease' or 'Tick Alert'.

We recommend

- You encourage children and parents to check for ticks following their trip.
- Should a tick be found a parent or carer should use a pair of tweezers to grasp the tick as close to the skin as possible. The tweezers should be pulled upwards without squeezing the tick to remove it.
- The tick should then be saved in a container with the date of the bite.
- If a bullseye rash appears and/or the visitor subsequently feels unwell they should visit their GP bringing the tick sample with them.

More information is available here:

https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/411747/20150305_PHE_factsheet_TICKBITEdocx.pdf