

Be tick aware

Ticks can be active all year round in long grass, bracken, heather, woodland and hedgerows, especially where deer and livestock are present.

Ticks can carry organisms which may cause physical and neurological illness in humans and animals.

Prevention

- Wear long trousers or gaiters tucked into socks
- Use insect repellent
- Check yourself for ticks regularly

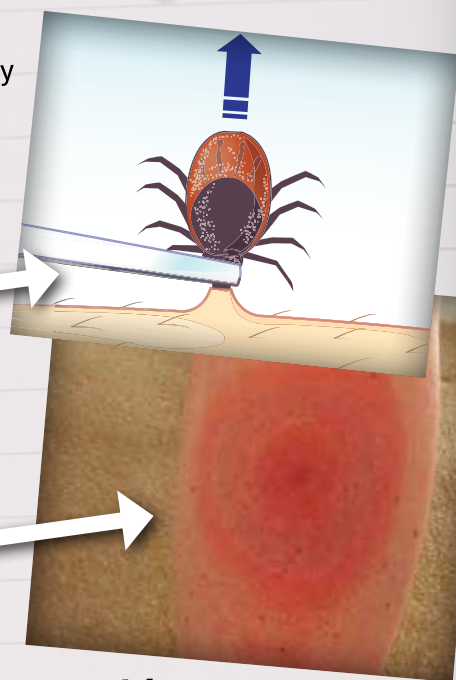
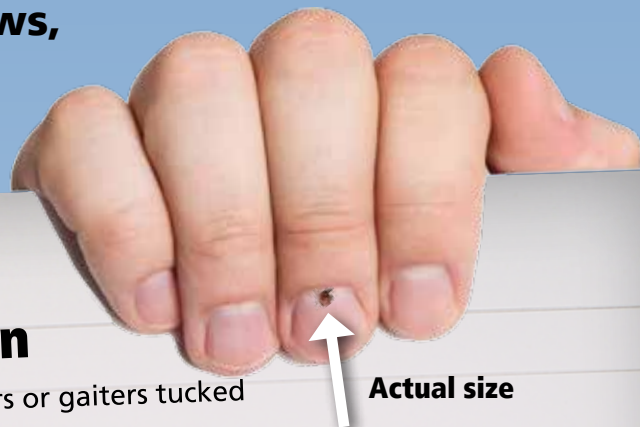
Removal

- Wear surgical gloves
- Use a tick-removal tool or fine-nosed tweezers
- Disinfect the tick bite
- Wash your hands afterwards
- Make a note of the date and place of the bite
- Contact your GP if you notice signs of a rash or flu-like symptoms

What NOT to use when removing ticks

- Creams/ petroleum jelly/ oils/ spirits/ freezing agent/ powders or other substances
 - Cigarettes/ matches/ lighter
 - Anything that squeezes the body of the tick
- (all these methods may cause regurgitation/ back-flow of infective fluids)

Further information available from Public Health England:
www.gov.uk/phe



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Forestry Commission
England