

Ticks and Lyme disease in Scotland

What are ticks? Ticks are small, spider-like creatures which feed on the blood of animals and humans. They can be found anywhere there is wildlife – bushes, undergrowth in the countryside, parks and gardens.

Sometimes, ticks can carry bacteria that cause Lyme disease (also known as Lyme borreliosis) in humans.

What is Lyme disease? Lyme disease is an infectious disease which can be effectively treated with antibiotics if detected early.

If left untreated, there is a risk you could develop severe and long-lasting symptoms.

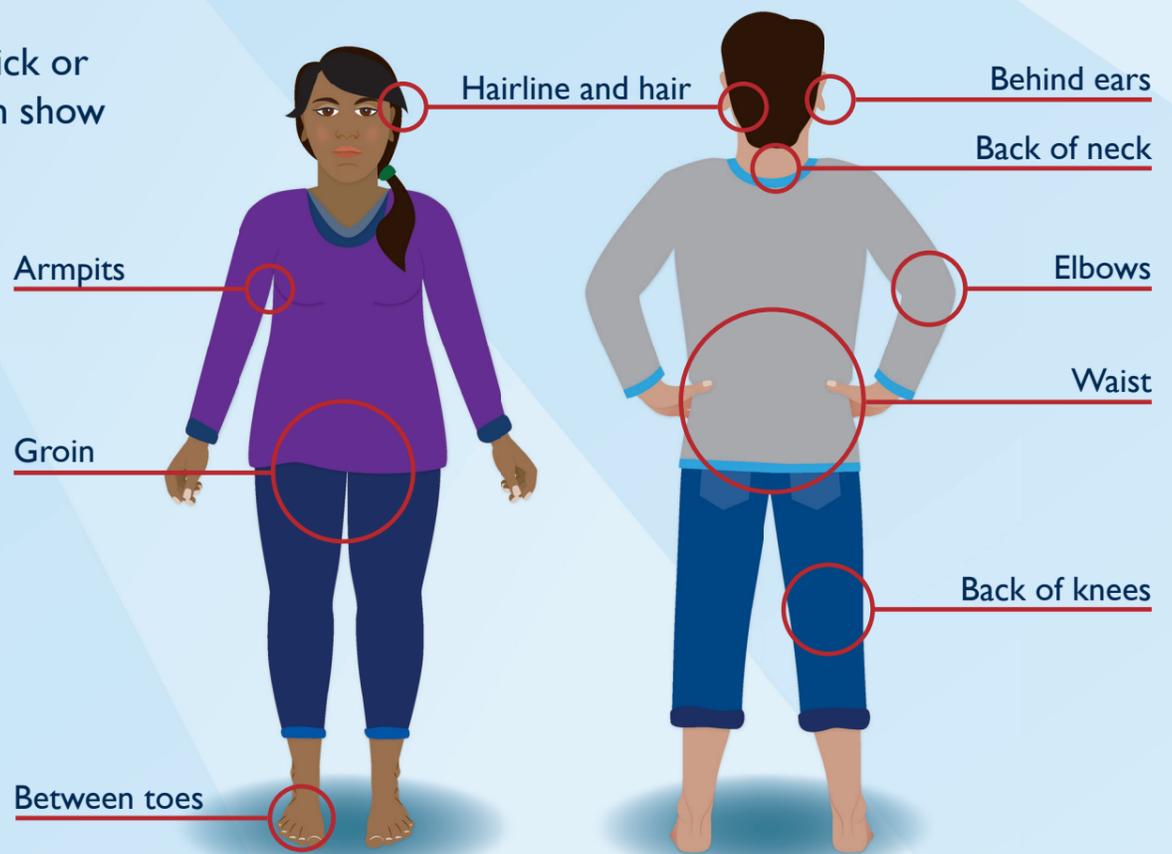
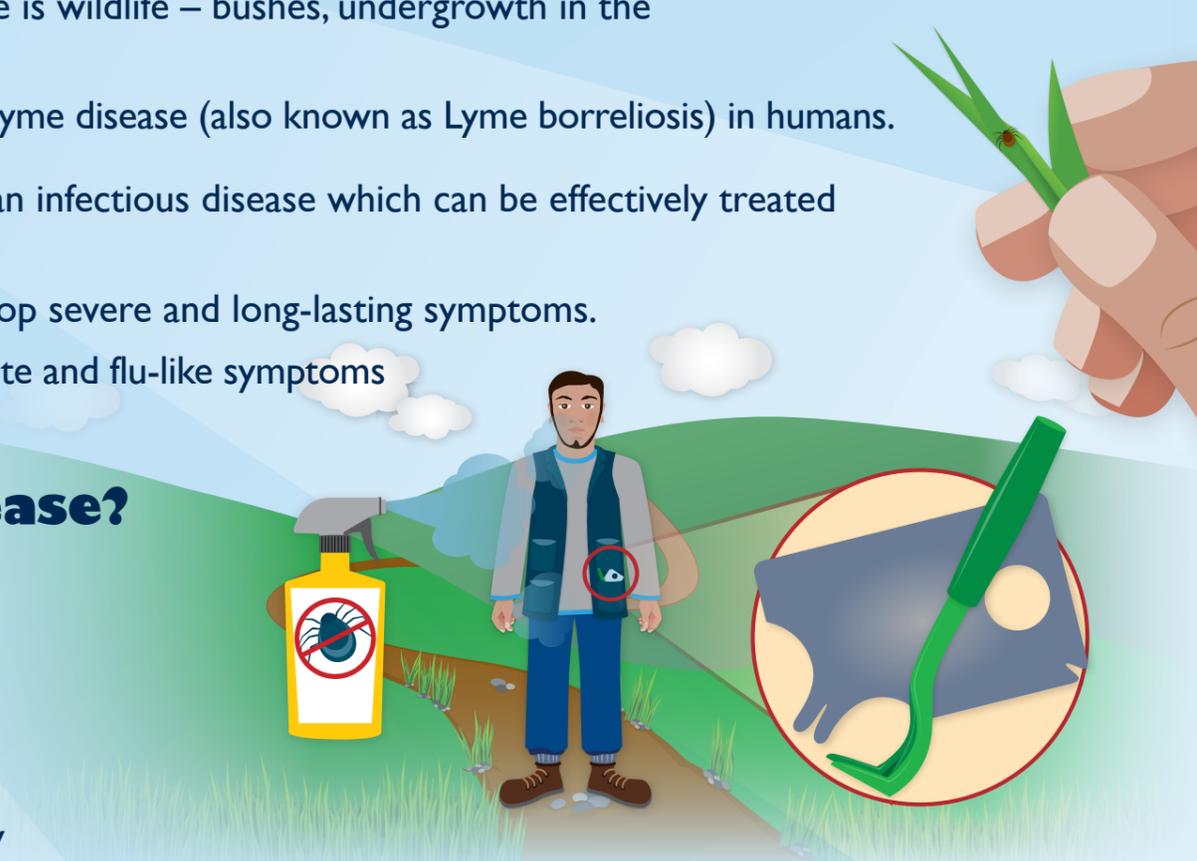
Symptoms may include a rash around the tick bite and flu-like symptoms (fever, chills, muscle and joint pains).

How do I avoid Lyme disease?

Be prepared - carry a tick removal tool. Keep skin covered and use insect repellent containing DEET.

Do a tick check - remember to check skin folds, armpits, groin and your waistband area, checking the neck and hairline too (particularly in children).

It's a good idea to take a photo of the tick or any rash around the tick bite so you can show your GP.



Remove ticks promptly - if you find a tick, get rid of it as soon as possible without squeezing it. If you remove it in the first 24 hours, a tick is unlikely to pass on Lyme disease.

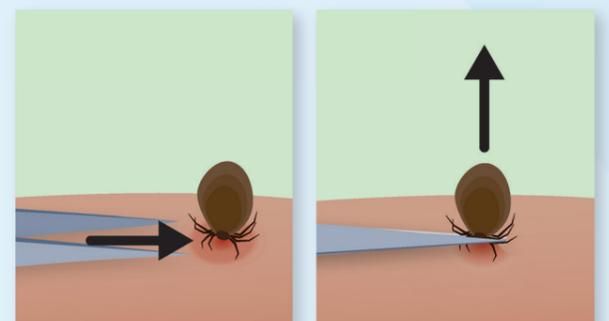
Tick twister



Tick card



Fine-tipped tweezers



Watch for out symptoms - it might be as long as a month before these appear. If they do, see your GP, advising that you've spent time in areas where ticks may live.

Further information is available at nhsinform.scot/bugs-and-germs