

WHAT IS LYME DISEASE?

It is the most common tick-borne infectious disease and is endemic in many parts of the UK particularly in woodland or health land areas but ticks can also be found in cities and in gardens. Transmission of the disease can occur when bitten by an infected tick.

Lyme Disease can be difficult to treat if not diagnosed early. Usually a course of antibiotics will treat this



Lyme Disease



Protect yourself from tick bites



Wear insect repellent during outdoor activities



Avoid walking through long grass and stick to pathways



Wear light coloured clothing and brush off any visible ticks



Lyme Disease Patient Support

Feeling unwell following a tick bite?
Go to your GP.

For tick removal advice visit:

lymediseaseuk.com

THE SYMPTOMS

Tick bites are not painful, many people don't even notice a bite. The most distinctive



sign is a bull's eye rash but many do not experience this.

If you see an embedded tick REMOVE it as quickly as possible. We have special tweezers available in the Park Office that can be used. Please do not hesitate to ask any of our team for assistance.

PLEASE REMEMBER NOT ALL TICKS CARRY THE VIRUS.

