

A Guide to Tick and Lyme Disease

Please note that ticks can be found throughout the UK in deciduous and coniferous woodland, heathland, moorland, rough pasture, forests and even urban parks – requiring a relative humidity of at least 80% to survive during its off-host periods. All of our camps are regularly checked for the presence of populations.

What is Lyme Disease

- Ticks are tiny spider-like creatures found in wooded and heathland areas.
- Ticks feed on the blood of birds and mammals, including humans.
- Ticks can carry a bacterium that is responsible for Lyme disease and
- Lyme disease can often be treated effectively if it's detected early on.

Preventing Lyme Disease

There is currently no vaccine available to prevent Lyme disease. The best thing is to be aware of the risks when you visit areas where ticks are found and to take sensible precautions such as:

- Keep to footpaths and avoid long grass when out walking.
- Wear appropriate clothing to cover yourself, such as a long-sleeved shirt as well as tucking trouser ends into your socks
- Wear light coloured fabrics that may help you spot a tick on your clothes.
- Use insect repellent on exposed skin.
- Inspect your skin for ticks, including your head, neck and skin folds (armpits, groin, and waistband)
- Remove any ticks you find promptly using suitable tick removal tools to ensure you correctly and safely remove the whole tick, including the head.

The Symptoms

- A distinctive circular rash at the site of the tick bite, usually observed 3 to 30 days after being bitten.
- Some people may develop several rashes in different parts of their body.
- Flu-like symptoms in the early stages, such as tiredness (fatigue), muscle pain, joint pain, headaches, a high temperature (fever), chills and neck stiffness.
- Pain and swelling in the joints (inflammatory arthritis)

Possible Treatments

If you have been bitten by a tick and start to experience any of the above symptoms, it is highly recommended that you visit your GP who will be able to provide the relevant professional medical advice and necessary tests.

For further information, we would recommend visiting the Lyme Disease Action website at:

<http://www.lymediseaseaction.org.uk/about-ticks/>