

Travellers

Be tick aware! >>



Tick-
borne
diseases

1

Ticks can pass on serious diseases

- In Ireland, ticks can spread Lyme disease. They can pass on this disease as they feed on your blood.

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2

Risk areas

- Woods / open fields / grassy areas / bushes



3

Stay Safe

- Use insect repellents
- Keep arms and legs covered
- Wear light-coloured clothing that makes it easy to detect ticks
- Use bed nets and ground sheets when sleeping on the ground or camping
- Walk in the middle of paths and avoid brushing against the surrounding vegetation

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4

Check for ticks

- Check yourself and your children (all over the body and the clothes) and remove any tick as soon as possible
- Use tweezers to remove the tick, carefully avoiding squeezing the tick's body or that the head remains stuck in the wound
- Apply antiseptic to the wound
- Wrap the tick in toilet paper and flush it down the toilet

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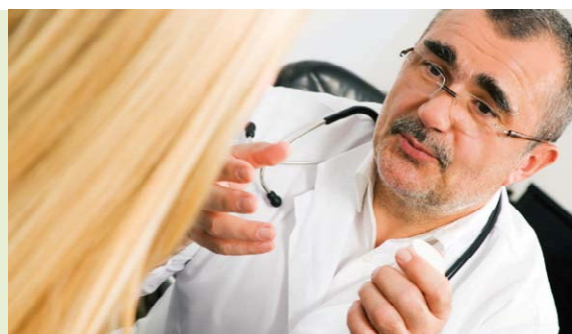


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Stay alert

- Consult your doctor if you begin to feel unwell in the weeks after having been bitten by a tick

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For more information, please visit: <http://www.hpsc.ie/A-Z/Vectorborne/LymeDisease/>