

# Lyme Disease and Tick Bites

**Lyme disease is an infection spread by tick bites. It is not common in Ireland but can occasionally lead to serious infection.**

Ticks are found in woodland, moorland and other grassy areas in moist undergrowth.

If you get infected, you can develop a rash after a few days or weeks.

**Protect yourself against tick bites**

- ▶ Bites occur most commonly on arms and legs.
- ▶ Wear long trousers, long sleeved shirt and shoes.
- ▶ Use an insect repellent.



**For more information on ticks and Lyme disease scan the QR code**

- ▶ After your day out, check skin, hair and warm skinfolds (especially the neck and scalp of children).

If you find a tick on your skin remove it as soon as possible with tweezers or a tick remover (you can get this in a pharmacy).



Erythema migrans rash  
Image credit: James Gathany/CDC