

WHAT IS A TICK?

✓ TICKS ARE SMALL CREATURES THAT LIVE IN NATURE.

Normally, they bite wild animals and suck their blood but they can bite humans who pass by where they sit, too.

WHY AVOID TICK-BITES?

✓ ONCE A TICK BITES YOU IT USUALLY STAYS ON YOUR BODY.

A tick bite does not hurt. But some ticks carry diseases that can be passed on to you as they feed on your blood. That is why it is still very important to try to avoid being bitten by ticks.

You should also check yourself and your clothes for ticks after you have been outside, because the tick needs to be removed as quickly as possible so you can avoid getting the tick's disease.



You and your parents can find more information about tick-borne diseases [here](http://www.hpsc.ie/A-Z/Vectorborne/LymeDiseases/):

HPSC
25-27 Middle Gardiner Street
Dublin 1
<http://www.hpsc.ie/A-Z/Vectorborne/LymeDiseases/>



BE TICK FREE



Health Protection Surveillance Centre
www.hpsc.ie



PROTECT YOURSELF AGAINST TICKS!

Ticks are so small it is impossible to see them when you play outdoors. But you can protect yourself by following this advice when you are in the countryside:



1 USE INSECT REPELLENTS

Let an adult apply the repellent for you and don't forget to wash it off when you come back home.



2 COVER UP

Wear long-sleeved shirts and trousers. Tuck your shirt into your trousers and your trousers into your socks to make sure that the ticks stay outside your clothes.



3 AVOID HIGH GRASS OR BUSHES

Ticks like to sit in the grass and in bushes. Stay in the centre of forest paths when you are out walking. Also, don't sit or lie directly on the ground.

CHECK YOURSELF FOR TICK BITES!

Even though you have followed the advice on how to protect yourself, you should still check your clothes and your entire body for ticks when you come home after having been outdoors.



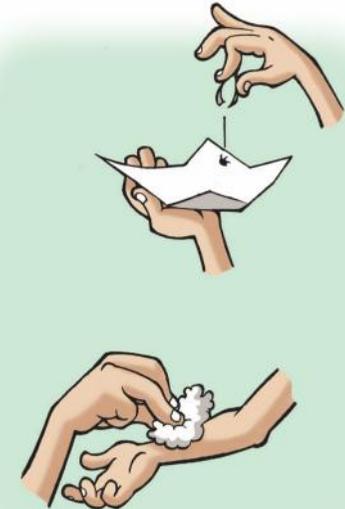
4 CHECK YOURSELF

Check your clothes and your entire body for ticks when you come home after having been outdoors. A tick bite usually looks like a small dark lump on the skin which cannot be brushed away.



5 REMOVE THE TICK

If you find a tick on your body, ask your parent or another adult to remove it for you with tweezers. Wrap the tick in some toilet paper and flush it in the toilet. Be careful that it does not bite again!



6 CLEAN THE WOUND

Let the adult apply antiseptic, like alcohol or iodine, to the wound afterwards.