

TICK BITE PREVENTION

"HEALTH AND SAFETY AWARENESS"



Ticks carry diseases which can be transmitted to humans –
LYME DISEASE CAN BE FATAL!!

The number of ticks carrying Lyme Disease is growing and they are spreading throughout Scotland. Higher risk areas are Tayside, Grampian and Highland but all areas are affected.

What to do prevent tick bites:

- Regularly inspect exposed skin, particularly around arms and midriff
- Use permethrin spray paying particular attention to ankles and midriff

How to remove ticks if you find one:

- Use the tick removal tool provided
- If a tool is not available they can be removed by hand but you must twist the tick to remove the head. **DO NOT LEAVE THE HEAD IN, SEEK MEDICAL ADVICE IF IT CANNOT BE REMOVED**
- Clean affected area with antiseptic wipe after removal
- **TICKS MUST BE REMOVED WITHIN 24 HOURS TO REDUCE POTENTIAL INFECTION**

What to look for after you have been bitten?

- Bulls eye ring. **NOT VISIBLE IN 30% OF BITES!!**
- Flu like symptoms (including joint pains, fever and headaches)
- If you have any of the above symptoms:
- Visit your GP and complete course of antibiotics if prescribed. **EARLY DIAGNOSIS AND TREATMENT IS THE KEY**
- Make your line manager aware, tell H&S and SCoPE REPORT!

Tick Bite Prevention Week 24–30 March 2018



**POLICE
SCOTLAND**

Keeping people safe

POILEAS ALBA