Dykehead Primary School





Guidelines for the Prevention and Treatment of Tick Bites

The following information for parents and carers has been taken directly from the NHS website.

Ticks are tiny spider-like creatures that live in woods and areas with long grass. They're found all over the UK.

Ticks do not jump or fly. They attach to the skin of animals or humans that brush past them.

Once a tick bites into the skin, it feeds on blood for a few days before dropping off.

How to spot and remove ticks

Important

Tick bites are not always painful. You may not notice a tick unless you see it on your skin.

Regularly check your skin and your children's or pets' skin after being outdoors.

To remove a tick safely:

- 1. Use fine-tipped tweezers or a tick-removal tool. You can buy these from some pharmacies, vets and pet shops.
- 2. Grasp the tick as close to the skin as possible.
- 3. Slowly pull upwards, taking care not to squeeze or crush the tick. Dispose of it when you have removed it.
- 4. Clean the bite with antiseptic or soap and water.

The risk of getting ill is low. You do not need to do anything else unless you become unwell.

See a GP if:

 you have been bitten by a tick or visited an area in the past month where infected ticks are found

and you get:

- flu-like symptoms such as feeling hot and shivery, headaches, aching muscles or feeling sick, or
- a circular red rash

Tell them if you have been in forests or grassy areas.

How to avoid tick bites

To reduce the risk of being bitten:

- cover your skin while walking outdoors and tuck your trousers into your socks
- use insect repellent on your clothes and skin products containing
 DEET are best