

## Look out for ticks!!

- A bite from an infected tick can lead to Lyme Disease
- Tick bites are painless
- An average tick is about the same size as a poppy seed so can be easily missed

### To remove a tick

- Do it as soon as possible
- Make sure you remove the whole tick, including the head
- DO NOT squash the tick or apply any creams or oils
- If you are worried or have any symptoms visit your GP
- Lyme Disease can be effectively treated with antibiotics if caught early enough



For more information visit:

[www.bada-uk.org](http://www.bada-uk.org)

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