

WHAT IS A TICK?

TICKS ARE SMALL, INSECT-LIKE CREATURES

Normally, they bite wild animals and suck their blood but they can bite humans and your pets too.

WHY AVOID TICK BITES?

ONCE A TICK BITES YOU IT USUALLY STAYS ON YOUR BODY FOR A FEW DAYS

A tick-bite will only itch a bit, but some ticks can carry diseases that can be passed on to you. 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.



BE TICK-FREE!

You and your parents can find more information about tick-borne diseases here:

[Name and contact details of health authorities]



PROTECT YOURSELF AGAINST TICKS!

Ticks are so small it is very difficult to see them, but you can protect yourself by following these tips when you are in the countryside or playing outdoors:



1 USE INSECT REPELLENTS

Let an adult apply the repellent for you on your skin and clothes (insect repellents for clothes should not be used on the skin) and don't forget to wash it off when you come back home.



2 COVER UP

Wear long-sleeved tops and trousers. Tuck your top into your trousers and your trousers into your socks to make sure that the ticks stay outside your clothes. If you wear shorts, check for ticks more frequently.

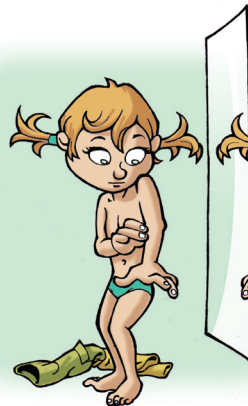


3 AVOID LONG GRASS OR BUSHES

Ticks like areas with high grass, bushes or a lot of leaves on the ground. Stay in the centre of forest paths when you are out walking and, if you go to a place where ticks may live, don't sit or lie on the ground.

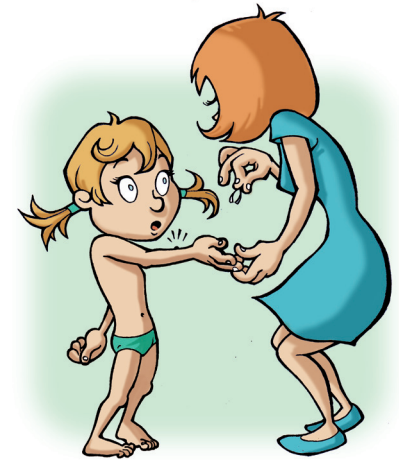
CHECK YOURSELF FOR TICK BITES!

Even though you have followed all tips 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, especially after having done things such as hiking or camping.



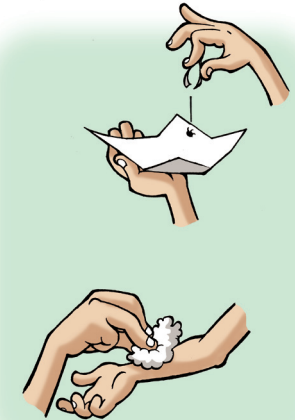
4 CHECK YOURSELF

Check your clothes and body for ticks' bites. They usually look like small dark freckles on the skin. Check in particular: under the arms, in and around the ears, inside belly button, back of the knees, in and around the hair, between the legs and around the waist.



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 DISINFECT THE WOUND

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