

# TRAVELLERS

## Be tick aware! >>



### 1 TICKS CAN PASS ON DISEASES

- In [name of country to be filled out by national authority], ticks can carry [name of disease to be filled out by national authority]. They can pass on this disease as they feed on your blood



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### 2 RISK AREAS

- Woods / Open fields / Grassy areas / Bushes /includes some urban parks and gardens  
[national authority to specify whether this is across the country or in particular regions only]



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### 3 STAY SAFE

- Use insect repellents
- Keep arms and legs covered
- Wear light-coloured clothing that makes it easy to detect ticks
- After being outdoors, remove your clothes outside and expose them to sunlight or wash them
- Use ground sheets when sleeping on the ground or camping
- Walk in the middle of paths and avoid brushing against the surrounding vegetation



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### 4 CHECK FOR TICKS

- Check yourself and your children (all over the body, head and clothes) and remove any ticks as soon as possible
- Use tweezers or fine-pointed forceps or tick removal tools grasping it as closely as possible to where it is attached to the skin and pulling it gently upwards avoiding squeezing the ticks body or that mouthparts are left in the skin
- Apply antiseptic, like alcohol or iodine, to the wound
- Wrap the tick in toilet paper and flush it down the toilet



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### 5 STAY ALERT

- Consult your doctor if you begin to feel unwell or notice an unusual skin reaction in the weeks after having been bitten by a tick



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[Name and contact details of health authorities]