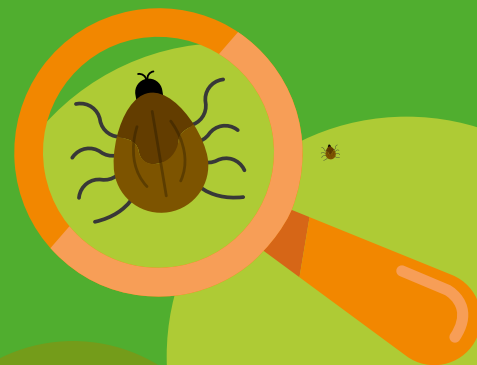


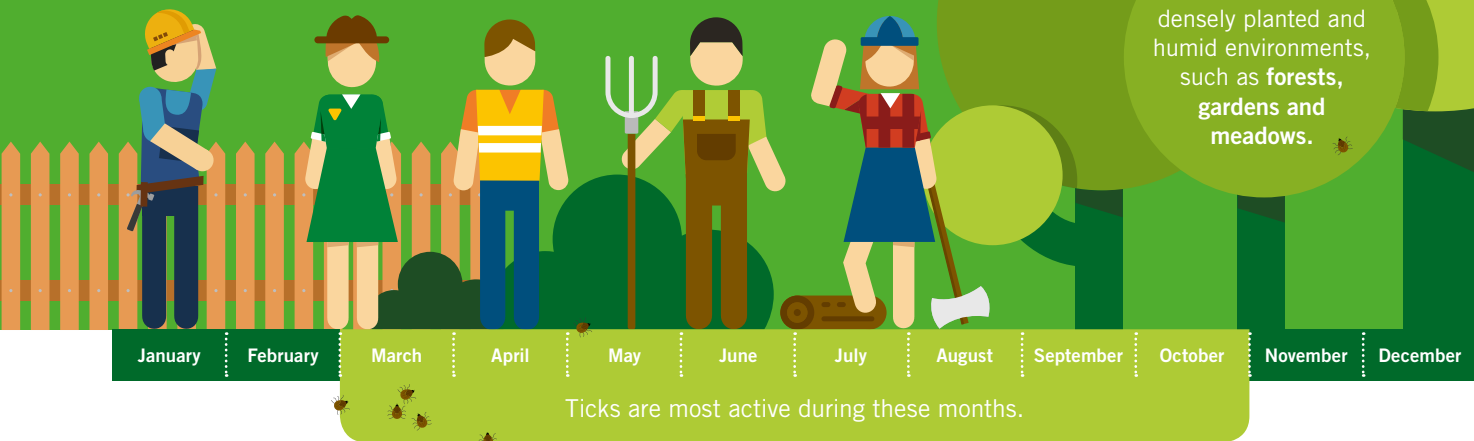
Help! A tick!

Ticks are blood-sucking parasites that attach themselves to the skin of humans or animals. Even though a tick bite is often harmless and painless, you may become (seriously) ill if the parasite carries bacteria.

In the course of their profession, **forest and park rangers, forestry workers, tree surgeons, outdoor workers, landscapers and construction workers** come into contact with ticks.



Ticks thrive in densely planted and humid environments, such as **forests, gardens and meadows.**



Lyme disease

15% - 20%

of ticks are infected with the bacteria that carries **Lyme** disease.

OFFICIALLY RECOGNISED OCCUPATIONAL DISEASE

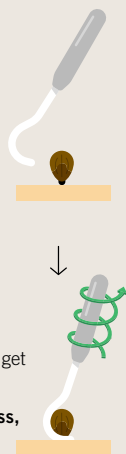
2% - 3%

of people bitten by a tick will become ill. You therefore need to **remove** the tick between 12 and 24 hours.

TO REDUCE THE CHANGE OF INFECTION

Bitten by a tick?

- ✓ **Remove** the tick as soon as possible, **within 12 to 24 hours.**
- ✓ Use **tick-removing tweezers** (place over the head area).
- ✓ **Disinfect** the skin.
- ✓ Record **the date, location and physical place** of the bite.
- ✓ Report the tick bite using the **TekenNet app.**
- ✓ **If a red, circular skin rash appears around the bite (after 2 to 30 days),** visit your general practitioner to get an antibiotic treatment (Doxycycline).
- ✓ **A blood test shortly after a tick bite is quite pointless,** since it may produce a 'false negative' result.



Prevention

- ✓ Check your body for ticks, including skin folds, **every 3-4 hours.**
- ✓ Stay on **designated paths.**
- ✓ Wear **closed shoes.**
- ✓ **Pull up your socks** over the trouser legs.
- ✓ Use **insect repellents.**
- ✓ Wear **light-coloured** clothing with long sleeves and long pants.



Tip

Access the **TekenNet** website or app to get an overview of the **regions and periods with the highest risk.**

