

Help with ticks

Caution



PARKS AND GARDENS
FORESTS
MEADOWS



Park rangers
Forestry workers
Arborists
Outdoor workers
Construction workers

March – October



Lyme disease

10%



infected with the bacteria
that carries **Lyme** disease

*officially recognised \leftarrow
occupational illness*



1%-2% will become ill

remove the tick within 12 to 24 hours

↳ to reduce the chance of infection

Prevention

check your body for ticks,
including skin folds, every 3-4 hours

stay on designated paths

wear closed shoes



use insect repellents

wear light-coloured clothing
with long sleeves and long pants

Bitten by a tick?

- use sterilised tick-removing tweezers (place over the head area)
- disinfect the skin
- record the date and location of the incident
- consult your GP if the red area at the site of the tick bite has not disappeared after some days



Tip!

Visit the [TekenNet](#) website or app for an overview of high-risk locations and times.