



# EXPEDITION SKILLS

TICKS AND LYME DISEASE

WEEK 2

Lyme Disease is a disease spread by Ticks. There are several types of ticks and they can be found anywhere in the UK, all year round. Ticks are in the same family as spiders, so they have 8 legs and live off the blood of living creatures, even us! Not all ticks carry Lyme Disease, but it is better to keep them off you or take them off safely.

### This section will teach you about:

- Types of ticks
- How to prevent ticks from getting on you
- Where you might find them on you
- How to remove them safely
- What are signs and symptoms of Lyme Disease
- What you should do if you suspect you have Lyme Disease

## TICKS:

There are many different types and colours, but the most important thing to note is that they come in different sizes and can attach to you at any stage of their development. They can carry Lyme Disease at any stage too.

**Larva stage:** This is when the ticks are very small, maybe the size of the tip of a pin! They can attach to you at this small stage and they are very difficult to see. Though very small, they can bite and can carry Lyme Disease.

**Nymph stage:** The ticks are slightly larger at this point, but still very small. They are still very difficult to see and can attach to you. They can carry Lyme Disease at this stage too!

**Adult:** There are males and females, both of which can attach to you. Both can transmit Lyme Disease if they carry it. Females are larger than males, so a bit easier to see initially.



## HOW TO REMOVE A TICK:

There are **Tick Removal Tools** (see picture of the green tweezer-like object), which is a small tool that gets under the tick and allows you to remove the tick without squeezing it.

- **Don't squeeze ticks**, this may cause them to release any blood they have taken back into your skin... Yuck!

You can also use a thread of cotton to gently wind around the base of the tick, close to the skin, and pull upwards to remove the tick, but only use this if tick tweezers aren't available.



**Tick Bites:** You won't feel if a tick bites you. This is because they inject you with an anesthetic (numbing agent like you'd get from a dentist) so you can't feel it. It won't itch like other bug bites either!

- Remove any ticks immediately!
- Make sure to clean any bites very well and use antiseptic cream on them right away

## **LYME DISEASE – SIGNS AND SYMPTOMS:**

- A red circular rash (usually in the shape of a Bull's eye. It also may have a large hole in the middle of it.)
- Headaches
- A Stiff neck
- Facial Palsy (if looks and feels as if your face is numb and droopy)
- Extreme Fatigue (tired all the time)
- Muscle and Joint pain
- Disturbance of sight, hearing, co-ordination, digestive system, and sleep

**WAIT!** Take a deep breath, it is not all doom and gloom.

**We're not trying to scare you!** If you know what to look for and how to prevent ticks getting on you, you will be prepared and can enjoy your time on expedition.

## **PREVENTION OF LYME DISEASE:**

You can prevent getting Lyme Disease from Tick bites by taking a few precautions:

- **Cover arms and legs** (light coloured clothing makes it easier to spot the little monsters!). Arms and legs brush against bushes, trees, and grasses, which makes it easy for ticks to get onto these areas.
- **Check your skin often for ticks.** Sometimes it helps if you can have a friend check your back and scalp.
- Remember to check between toes and other more delicate areas. They like skin, so they will attach anywhere on your body.

## **HOW DO I KNOW IF I HAVE LYME DISEASE?**

- See your GP if you have any of the symptoms listed above.
- A blood test can tell if you have the disease. \*Sometimes you need two tests as the first can be negative... it is always important to tell your GP of all symptoms and if anything gets worse\*
- Don't worry, there are treatments for Lyme Disease, but remember, it is better to prevent than cure!





**This quiz is not graded. We use it to know that you have understood the information. Please ask for help if you need it, from Michelle or parents**

## **Tick and Lyme Disease: QUIZ**

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1. A tick has 8 legs and is like what other small creature?
2. What are 3 signs/symptoms of Lyme Disease?
3. What tool should you use to remove ticks?
4. Where are 3 places on your body where ticks might attach?
5. What are 2 things you can do to prevent getting Lyme Disease from ticks?
6. What are the four stages/types of ticks?
7. What shape can a tick bite make on your skin?
8. What can your GP test to see if you have Lyme Disease?