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WALES

Bwrdd Iechyd Prifysgol
Aneurin Bevan
University Health Board

Tick Bites Advice

What are Ticks?

Ticks are small spider-like creatures that are mainly found in woodland and heath areas. They attach to your skin, suck your blood and can cause Lyme disease in some cases.

Avoiding tick bites

You can reduce your risk of being bitten by a tick if you:

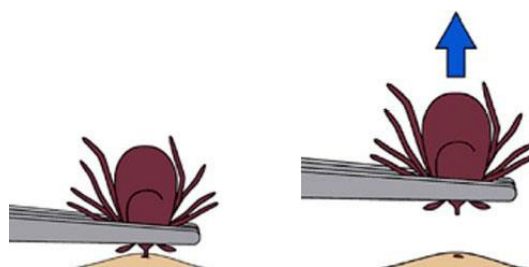
- Keep to footpaths and avoiding long grass when out walking.
- Wear a long-sleeved shirt/blouse and trousers tucked into your socks in tick-infested areas.
- Wear light-coloured fabrics that may help you spot a tick on your clothes.
- Use insect repellent on exposed skin.
- Inspect your skin for ticks, particularly at the end of the day, including your head, neck and skin folds (armpits, groin, and waistband).
- Check your children's head and neck areas, including their scalp making sure ticks are not brought home on your clothes.
- Check your pets to help ensure they do not bring ticks into your home in their fur.

What do I do if I have been bitten by a tick?

If you find a tick attached to your skin, there is no need to panic — the key is to remove the tick as soon as possible. There are several tick removal devices on the market, but a plain set of fine-tipped tweezers work very well.

How to remove a tick

1. Clean around the tick bite.
2. Using fine-tipped tweezers get your tweezers right down on your skin so you can grab as close as possible to the tick's head.
3. Pull upward with steady, even pressure. Do not twist or jerk the tick; this can cause the mouth-parts to break off and remain in the skin. If this happens, remove the mouth-parts with tweezers.
4. After removing the tick, thoroughly clean the bite area and your hands with soap and water.



| Things you should do | Things you should not do |
|--|--|
| <ul style="list-style-type: none">• Remove the tick as soon as possible using fine-tipped tweezers• If a rash appears at the site of the bite or a fever develops, then you should get medical advice as soon as possible. Be sure to tell them about your recent tick bite, when the bite occurred, and where you most likely acquired the tick. | <ul style="list-style-type: none">• Twist the tick as this may leave the mouthparts in the skin.• Crush a tick with your fingers.• Use petroleum jelly, alcohol, nail polish remover, or lit matches to try and dislodge the tick as this may cause it to regurgitate potentially infectious material into bite. |

Dial 999 for an ambulance immediately if you or someone else has symptoms of a severe reaction due to an insect bite, such as:

- ♦ wheezing or difficulty breathing
- ♦ a swollen face, mouth or throat
- ♦ a fast heart rate
- ♦ dizziness or feeling faint
- ♦ difficulty swallowing
- ♦ change to voice
- ♦ loss of consciousness

If you are concerned about your progress, or if you have not improved within 10 days, we advise you to contact your GP or return to the Emergency Department/MIU department where you were seen.

If you are at all concerned about your injury please contact the relevant Emergency Department/Minor Injury Unit (MIU):

Royal Gwent Hospital (RGH): 01633 234056

Nevill Hall Hospital (NHH): 01873 732073

Grange University Hospital (GUH): 01633 493287

Ysbyty Ystrad Fawr (YYF) MIU: 01443 802353

Ysbyty Aneurin Bevan (YAB) MIU: 01495 363318

References:

https://www.cdc.gov/ticks/removing_a_tick.html

<https://www.nhs.uk/conditions/insect-bites-and-stings>

**“This document is available in Welsh /
Mae'r ddogfen hon ar gael yn Gymraeg”.**