

Tick Awareness



Release Date: November 2015

Ticks are parasites and they can inject a poison which can potentially cause muscle weakness, blurred vision, drowsiness, paralysis and even death.

TICKS CAN BE AS TINY AS A PINHEAD OR AS LARGE AS A FINGERNAIL!

Prevention.

- Wear long pants tucked into socks or boots.
- Wear long sleeved shirt and a hat.
- Use an insect repellent that contains 40% DEET for spraying clothing except hats. Wash off at the end of the day.
- Use an insect repellent that contains no more than 20% DEET on areas of bare skin. Wash off at the end of the day.
- It is not recommended to use products containing DEET on children or babies.

Check.

- Check for ticks at the end of each day paying particular attention to scalp, groin, armpits and the back of knees – if you have any unusual lumps it may be a tick that has buried itself in your skin.

It is preferable to ensure the tick is dead prior to attempting to remove it.

Immobilise the tick.

Option 1 - Lyclear® Cream

Lyclear is a scabies cream containing 5% permethrin. The application should be repeated after one minute. The tick should be left in place until it drops off. If the tick is still in place after 24 hours, gently remove it with fine tipped tweezers. For use particularly with larva and nymph ticks.

Option 2 - Zapa Tick®

The Zapa Tick electric tick pincer works by imprisoning the tick in its small globe. Once the tick has been captured it gets an electric pulse that irreversibly destroys its neurological system. It is fitted with a self-contained electric device and works without a battery which kills the tick instantly. The intensity given off by the electric system is nil and completely safe.



The Zapa Tick.

Option 3 - **Elastoplast Cold Spray®**

Ether –containing sprays. These work by freeze-drying the tick, killing it instantly. The tick should then fall out or may be gently scraped off.

Removal.

- **Do Not** try to kill the tick by using a hot match, mentholated spirits, kerosene or any other chemicals. This may cause the tick to inject more toxins.
- Use tweezers with a fine point and press the points firmly onto the skin on either side of the ticks head **not** the body.
- Gently pull the tick straight out with steady pressure – Do Not twist or jerk the tick.
- Check you have removed the entire tick (the head sometimes gets stuck).
- Apply an antiseptic cream.

Tick Removal Tweezers



Monitor.

- Keep an eye on the area you have removed the tick from to ensure there is no allergic reaction or unusual symptoms.

SEEK MEDICAL ATTENTION IMMEDIATELY IF YOU HAVE NOT REMOVED THE TICK OR ITS HEAD OR YOU EXPERIENCE ANY UNUSUAL SYMPTOMS