



Photo courtesy: California Department of Public Health

Urgent care

Ticks and Lyme disease

Ticks and Lyme disease

A tick is a small blood sucking mite. It lives on the blood of animals but can, on occasion, attach itself to humans. It sits on long grass and will wave its legs around until it attaches itself to a host. In humans it normally finds its way to a warm, moist and dark spot where it inserts a probe into the skin to extract blood. They are usually found under the armpit or the groin.

In most cases a tick will drop off without being noticed. Occasionally they carry bacteria in their stomach which can cause **Lyme disease**. This disease affects between 400 - 500 patients every year in the UK.

You may have had the tick removed. Not all ticks carry the bacteria causing the disease and even in those that do, a bite does not mean you will definitely get Lyme disease. Unfortunately not everyone knows when they have been bitten, so consult your GP if you detect the following symptoms:

- A red spot around the location of the tick's bite. The spot will gradually grow bigger, often with a pale area in the middle. This symptom is called erythema migrans.
- Erythema migrans can also appear at other places on the body where the tick has not bitten. Some people get many red spots.
- Usually one to four weeks will pass between the bite and when erythema migrans appear.
- Many patients develop flu-like symptoms such as headache, joint pain, tiredness, swollen glands and fever.

Tick removal

1. Catch it as close as possible to the skin with a thick set of tweezers.
2. Pull slowly and consistently until it lets go. Try not to separate the head from the rest of the body. Store the tick in a sealed container in a cool, dark place. Should you develop any of the symptoms on the previous page over a four week period, please bring the tick with you to your GP.

What do I do if the head gets stuck?

It is important to get the remnants of the head out if you accidentally pull it apart. There is a risk of infection should the head remain in the skin. This infection, however, is different from Lyme disease and is not caused by the bacteria from the stomach of the tick. Please seek assistance from your practice nurse or local minor injury unit should this occur.

Individual management plan:

.....

Concerns and complaints

We aim to provide you with a high quality service at all times. However, if you have any concerns, complaints or comments about your experience of our service then please tell a member of the team or contact the Patient Advice and Liaison Service on freephone 0800 328 7971.

For further advice please contact:

Abingdon Minor Injury Unit	01865 903 476
Henley Minor Injury Unit	01865 903 755
Witney Minor Injury Unit	01865 903 841
Wallingford First Aid Unit	01865 903 471
Bicester First Aid Unit	01865 903 976

If you need the information in another language or format please ask us

Nëse ky informacion ju nevojitet në një gjuhë apo format tjetër, ju lutem na kontaktoni

আপনি যদি এই তথ্যাদি অন্য কোন ভাষায় বা মাধ্যমে (ফরমেট) পেতে চান তবে দয়া করে আমাদেরকে বলুন

જો તમને આ માહિતી બીજી ભાષામાં અથવા બીજા આકારમાં જોઈએ, તો કૃપા કરીને અમને પૂછો
यदि आपको यह जानकारी किसी दूसरी भाषा या आकार में चाहिए हो तो कृपया हम से पूछें

若您需要本信息的另一种语言或格式的版本文本，请与我们联系

नेवत्र बुवातुं छित नानकवती विनी दुनी बामा नं मवल हिन चानीची ठेठे उं विवथा वव दे मारुं पुढे

اگر آپ کو یہ معلومات کسی دوسری زبان میں کسی دوسرے طریقے سے درکار ہوں تو براہ کرم ہماری سہ سے پوچھیں۔۔۔

Oxford Health NHS Foundation Trust

Trust Headquarters

Warneford Hospital

Warneford Lane

Oxford OX3 7JX

Switchboard 01865 901 000

Email enquiries@oxfordhealth.nhs.uk

Website www.oxfordhealth.nhs.uk

Urgent care is part of our Older People Directorate.

Photo courtesy of the California Department of Public Health
via stockpholio.net