

# TICKS



## What are they?

Ticks are small, spider-like creatures that feed on the blood of mammals such as deer, sheep, dogs and humans.

## Where are they?

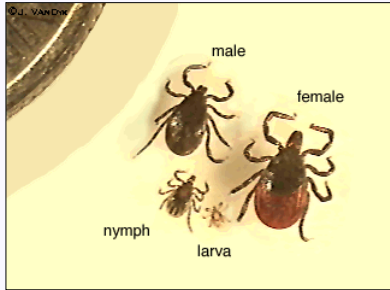
They are found in long grass, the undergrowth and heather.

## What happens?

The bite is usually painless and if left, ticks remain attached and feeding for up to three days before dropping off.

## Why important?

Some ticks carry bacteria in their gut which can cause infections like Lyme Disease.



## TICK LIST

- Give dogs repellent & collars before visiting the outdoors.
- Wear light-coloured clothing and avoid sandals/shorts.
- Pack a tick remover tool or tweezers and follow instructions carefully.
- Ensure everyone checks themselves thoroughly at the end of the day.
- Know the symptoms of Lyme Disease and if suspected, speak to a doctor immediately.

For further information please contact:

The Great Glen Way Rangers

Auchterawe, Fort Augustus, PH23 4BT 01320 366633

[www.greatglenway.com](http://www.greatglenway.com)

[greatglenway@highland.gov.uk](mailto:greatglenway@highland.gov.uk)