

## **LYME DISEASE GUIDANCE**

### **Background**

Outdoor education has well recognised benefits for health and well being in young people and adults. The risk assessment process to prevent tick bites and manage them appropriately if they occur is considered an integral part of outdoor safety management.

Increasing understanding of diseases from tick bites in outdoor instructors is considered a significant component of Scottish Health Protection Policy.

***Q. What is Lyme disease?***

- A. The bacteria transfers itself from the tick to a human host and causes a red skin rash. Simple antibiotic treatment cures this early stage easily. If the rash goes unnoticed the bacteria can cause joint pains or nerve problems which require stronger antibiotics to cure.

***Q. What is the problem with ticks in Scotland?***

- A. The undergrowth in the countryside from spring until autumn is covered in tiny ticks which live on deer, rodents and ground nesting birds. Up to 10% of ticks may carry bacteria in the stomach of the tick which is transferred to people and animals when the tick attaches itself and feeds off our blood. If the tick is removed quickly and correctly there is no risk to health but there is a risk of developing Lyme disease if this is not done properly. March to October are the at risk months in Scotland for ticks.

***Q. Does Scotland have a particular problem with ticks or Lyme disease?***

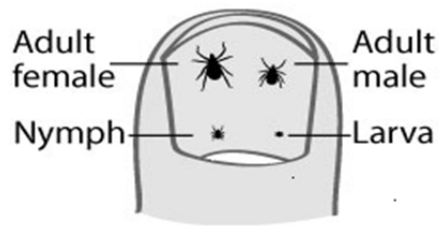
- A. All rural areas of Scotland have the infected ticks including national parks, Borders, Tayside and North of Scotland areas. The ticks are also a problem in England in areas such as the New Forest. They are also a problem throughout the whole of Northern Europe.

***Q. How can I stop getting tick bites?***

- A. Stick to paths to avoid walking through undergrowth with your legs exposed. Wear long trousers and tuck them into your socks. Be extra vigilant if you are wearing shorts and sitting on the ground!  
The ticks like groins, behind knees and armpits where you may not see them easily. You may need to get someone else to check your body for ticks!

***Q. What do the ticks look like?***

- A. Many people think of ticks as being quite big but this is because they are used to seeing balloon-like ticks on a dog or cat but they are in fact very small. Unfed, the largest tick is a female who is about the size of a sesame seed (3mm) and is the same oval and flat shape. After she has fed, she swells up to many times her original size (approx. 11mm). Male ticks are a bit smaller and are about 2.5 mm. Nymph ticks are even smaller pinhead or poppy seed size (1.5mm). Newly hatched ticks (larvae) are the smallest and can be smaller than a poppy seed (approx. 0.5mm) and in fact to the naked eye the larvae look like specks of soot.



There are 3 stages of the life-cycle: larva, nymph, and adult.

**Q. What should I do if I find a tick on myself or a child?**

- A. Don't panic! Wait till you get home and calmly remove the tick with a tick removal tool. Don't attempt to remove it with your fingers. Don't use Vaseline, cigarettes or alcohol. Using fingers or tweezers risk squeezing the tick and actually injecting the Lyme disease bacteria into your blood. A tick removal device is designed to get underneath the tick and lift it off safely.



Tick behind knee 1



Removing with 'Tickcard'



Removing with 'O'Tom Twister'

**Q. What are tick removal devices and where do I get one?**

- A. One type looks like a clear plastic credit card with a small magnifying glass. The other type is a small plastic lever which looks a little bit like a claw hammer to remove nails. They both cost about £5 and work well. It is a good idea to have one in your first aid kit at home or in your rucksack. They are most easily sourced on-line.



<http://www.tickcard.co.uk/>

[The O'TOM / TICK TWISTER® to remove ticks: Official Website](http://www.tickcard.co.uk/)

**Q. What does the rash look like?**

- A. If you develop a rash after a tick bite make an appointment with your GP within a week. The red rash from the tick bite spreads, sometimes like a target pattern to a red rash over a week. It may spread across a whole thigh and become more faded over 4-6 weeks then disappear.

It is helpful to photograph the rash on your phone as it changes daily.



**Q. *Is this a new problem?***

A. We think Lyme disease has been around for hundreds of years but there has been a definite increase over the past 5-10 years. There are many theories on why this might be so. There are no reliable methods of predicting 'Lyme disease hot spots' as it seems to vary from year to year between locations and within locations.

**Q. *Is it risky going into the countryside now?***

A. There are far more health benefits from all of us going into and enjoying the countryside than any slight risk of tick bites. If we deal with the ticks confidently and knowledgeably ticks will be a 'non-problem'!

**Q. *Is the risk of Lyme disease affected by the weather or month?***

A. The infected ticks are present all year but are more of a problem in Spring and Autumn. They become less in hot dry spells by desiccation. Sheep walking through bracken may help reduce tick numbers by acting like a cleaning sponge on the bracken.

**Q. *What should parents/responsible adults at home do?***

A. Be aware of the potential for ticks. Check and remove them if required. Seek medical advice if they notice a rash.

**Q. *Where can I get more information?***

A. <http://www.nhs.uk/Conditions/Lyme-disease/Pages/Symptoms.aspx>  
<http://www.lymediseaseaction.org.uk/>

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