

# **care PLUS** THE 3 STEP 'STOP THE TICK' PLAN

Ticks live on the ground, typically in heathland, dry grassland, moors, or woodland. They attach themselves to the legs or feet of a passing host before climbing higher to feed on their blood. In feeding, Ticks can pass on harmful bacteria, including those that cause Lyme Disease, a condition that can have serious consequences if left untreated.

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## 1. HOW TO PREVENT A TICK BITE

- Use an insect repellent like Care Plus DEET or Care Plus Natural on any exposed skin. Repellents confuse ticks, making them less likely to target you.
- Cover up by wearing a long sleeved shirt and tuck your trousers into your socks. Care Plus Bugsox give still greater protection by killing the tick before it starts its journey
- Wear light coloured clothing. It is far easier to spot a dark tick crawling on your clothing than when it has made its way onto your skin.

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## 2. HOW TO REMOVE A TICK

- First check for ticks, particularly at the end of the day; be sure to include skin folds (armpits, groin, neck and waistband). It is important to find them within 8 hours.
- Found a tick? Use a Care Plus tick remover and completely remove all parts of the tick by gently gripping it as close to the skin as possible and pulling steadily upwards with a twisting motion.
- Do NOT burn, smother or squash the tick as this will simply agitate it and cause it to regurgitate possibly harmful bacteria. Be sure to disinfect the area after removal.

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## 3. TEST FOR SIGNS OF LYME DISEASE

- Is the tick engorged (signs of feeding) or has it been attached for a long time? If the tick has been feeding for 8 hours or more, the risk is far greater.
- Use a Care Plus Tick Test. By following the simple instructions it is possible to check if the tick(s) carry the bacteria that cause Lyme Disease.
- A positive test can be presented to your Doctor who is encouraged to start an immediate course of antibiotics.