

InfoLog

Entry Spring 2011

Sheep Ticks

The Issue

Sheep ticks are common and the effects of a bite are not usually serious. However, they can be disturbing for anyone not used to them but occasionally a bite can result in medical complications.

The Lessons

Keep arms and legs covered up if travelling through country where ticks may be encountered - long grass, bracken and heather are classic areas. Get the group to check for ticks at the end of a walk in this type of terrain. Send anyone who has had a tick home with something such as the following:

Name: _____

Date: _____

During my visit to _____ I received a tick bite whilst out on activities. The bite has been treated, however if you see any of the following signs and symptoms within 14 days of the above date, please seek medical advice.

- Red ring around bite site
- Flu like symptoms
- Aching muscles
- Tiredness
- Rash (3-30 days)
- Fever
- Headache
- Nausea
- Photophobia (sensitivity to light)

Further information can be found at: <http://www.thedeerinitiative.co.uk/>