



# Don't let them bite you!

Everything you need to know about ticks and tick bites.

**FASTER THAN YOU THINK!**

Ticks become active at 7°C!

**27,000 PEOPLE A YEAR** contract Lyme disease from tick bites.



## GOOD TO KNOW

The risk of tick bites is highest in the months March to October. Especially for children, land workers, hikers, gardeners, outdoor sportsmen, campers, etc.

JAN	FEB	<b>MAR</b>	<b>APR</b>	<b>MAY</b>	<b>JUN</b>
<b>JUL</b>	<b>AUG</b>	<b>SEP</b>	<b>OCT</b>	NOV	DEC



Ticks live in gardens,



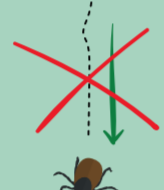
dunes, heathland



and forests.



But they don't fly,



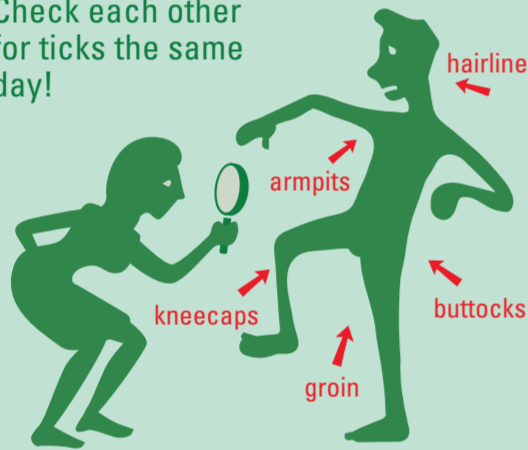
they do not fall from trees



and they don't jump either.

### HAVE YOU BEEN TO AN AREA WITH TICKS?

Check each other for ticks the same day!



### ARE YOU ON THE MENU?

People, mammals, birds and reptiles. They are all on the tick's menu.

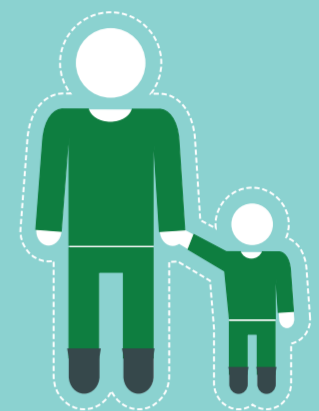


## PREVENTION

Wear covering clothing, (impregnated) socks and tuck your trousers in your socks.



BUGSOX



Use an insect repellent with DEET or Citriodiol® (Eucalyptus Citriodora Oil) such as Care Plus® Anti-Insect Natural.



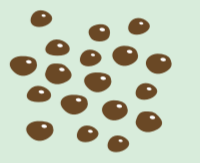
## LIFE CYCLE



**Female**  
3 mm



**Engorged female**  
up to 10 mm



**Eggs**



**Male**  
2,5 mm



**Nymph (8 legs)**  
2 mm



**Larva (6 legs)**  
2 mm

## REMOVAL

Check yourself and/or each other after spending a day outside, remove the tick as quickly as possible, use a tick remover and disinfect the location of the bite after removal.



As quickly as possible  
(within 8 hours)

TICK-REMOVER

UP ↑



TICKS-2-GO

UP ↑

OR



## CAUTION!

If the tick is incorrectly removed, it can leave its stomach contents, including harmful bacteria and viruses!



No alcohol



No heat



No soap

## LYME DISEASE

Lyme disease is a serious infectious disease caused by the Borrelia bacterium, which can enter your body through a tick bite.

Day 1-4	Month 1	Month 3	year 1	∞
Red circle (40-60%)	Flu-like symptoms.	Joint infections, nerve and heart problems		Chronic Lyme

### CONTAMINATION RISK

The chance of infection is greatest when the tick is fully engorged or not removed until the next day.

### ONLY 40-60%

of the cases can be recognised by a red circle around the bite.

## FSME VIRUS

The FSME virus can cause brain (meninges) inflammation and is spread through ticks in Austria, Germany, Scandinavia and other Central and Eastern European countries.

0	Week 1	Week 2	Week 3	?
	Flu-like symptoms.		Brain (meninges) inflammation	

### VACCINE

There is a vaccine, but once the disease has been contracted, there is no treatment.

### 5%

of ticks in Germany are infected with the FSME virus.

DO YOU WANT TO KNOW MORE ABOUT TICKS? GO TO [WWW.CAREPLUS.EU](http://WWW.CAREPLUS.EU) | THIS INFORMATION IS OFFERED TO YOU BY CARE PLUS®.