



LYME DISEASE

Instructions to persons involved in fieldwork with the potential for contact with ticks. Care must be taken in areas such as heath, moorland or woodland, or with contact with pets or other animals.

THIS CARD IS FOR YOUR PROTECTION

Whenever you go to your doctor or to a hospital on account of illness show this card and make sure that those attending you know of your fieldwork.

INSTRUCTIONS TO CARD HOLDERS

1. Infection is caused by a bite from an infected tick.
2. Tick size varies from 1mm to 10mm. They may crawl on clothing for some time before making contact with skin.
3. Make regular checks of clothing and skin as removal within 24 hours may reduce risk of infection.
4. Light coloured clothes will help ticks to be seen. Wear long sleeves, and trousers tucked into boots.
5. Remove with tweezers using anti-clockwise upwards force.
6. Report all incidents of tick bites.

MEDICAL INFORMATION

The card holder is engaged in fieldwork that may bring them into contact with ticks infected with the bacterium *Borrelia burgdorferi*. Should you suspect infection, please arrange for appropriate tests, as Lyme disease may not show up for several months. Early symptoms may include a rash with a clear margin, expanding to leave a clear centre, or influenza like symptoms.