

## **Tick Bite Prevention**

Walking in the city park or going out into the forest can be adverse. This is due to the activity of ticks, one of the most diverse and ancient groups of arthropods on Earth.

Ticks live in deciduous or mixed forests, ravines, river valleys, meadows, but recently more and more cases have been noted within the city: dachas, gardens and parks.

### **Clothing for the forest**

Before going out into the forest, take care of clothing that will protect you from danger. You will require a hat, a closed jacket with tight-fitting cuffs on the sleeves, trousers with elastic bands at the bottom or tucked into boots.

### **Tick repellents**

Parasite protection products should be applied to clothing before going out into the forest. They can be in different forms: aerosols, creams.

### **Self-examination**

After visiting potential habitats of ticks, you should carefully examine the skin and hair to prevent a parasite bite.

### **What should be done, if the tick bit you?**

- If during the examination you find a parasite, you need to immediately come to a hospital, where a specialist will remove the tick and prescribe preventive treatment
- Keep in mind that the likelihood of contracting infections transmitted by ticks depends on the amount of infection penetrated through the tick bite (the time, during which the tick was embedded), the sooner you remove the parasite, the better
- Even if the tick bite was short-term, the risk of contracting tick-borne infections is not excluded, therefore, after removing the tick, it must be sent for testing for tick-borne infections
- You need to understand that the presence of an infection in the tick does not mean that you will get sick. The analysis of the tick is needed for peace of mind in case of a negative result and vigilance in case of a positive one