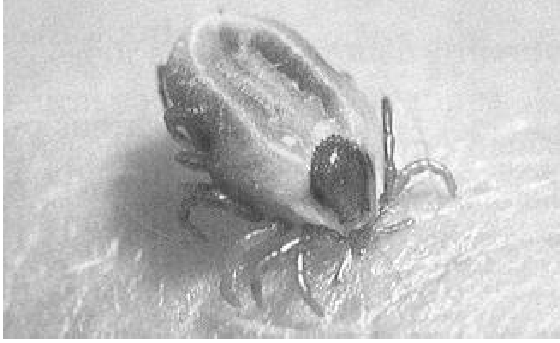


HELP – I HAVE FOUND A TICK.....



Familiar sounds for regular bushwalkers – but no need to panic as these beasties should not be a great problem.

Tip Number 1 – How to remove ticks

Most of the local ticks are very small. They attach themselves to the body and may be found in body crevices and hairy areas. While it is **not common** to get a tick sometimes a walk may go through an area which has a few of the friendly little fellows. It is worthwhile checking for ticks after each walk.

They can be removed by following these steps;

Kill the tick with solvent-based insect repellent (pyrethrins), lighter fluid or kerosene. The easiest way to do this is to use a cotton bud to apply the liquid to the tick.

Repeat after 1 minute

After an hour the tick should be dead and should brush off.

If not remove with tweezers – try not to squeeze the tick while it is still attached.

This should leave you tick free and ready to go on the next outdoor activity.

Whilst it is not unusual to be itchy for a few days, remember as the lady on the TV says "if pain persists please see your doctor".