PROTECT YOURSELF from tick bites



Ticks can transmit diseases such as Lyme disease and tick-borne encephalitis (TBE)

Prevent tick bites



Wear light coloured long sleeves, long trousers and closed shoes.



Use tick repellents on skin and clothing.



Stay on paths and avoid tall grass, bushes and forests.

Check for tick bites



Check your entire body and clothing carefully.



Pay special attention to warm areas (e.g. behind knees, groin, armpits, hairline).



Shower and change clothes after returning indoors.

Remove ticks safely



Remove ticks immediately. Early tick removal reduces risk of infection.



Use fine tweezers and grasp the tick close to the skin.



Pull it out slowly.

Additional protection



Check pets regularly for ticks.



Vaccination against TBE is recommended in risk areas.

KNOW THE RISK, PREPARE A RESPONSE

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