



TICK ALERT CARD



HEALTH EFFECTS

Allergic reactions

A rash or itching at the bite site is common. If severe or unusual symptoms develop, like facial swelling or difficulty breathing, seek medical advice immediately.

Infections

If you develop any non-specific symptoms within days, weeks or even months of being bitten, seek medical advice for a possible infection.

IF INJURED

Seek first aid or medical help

Notify your manager

Manager contacts

Compliance and complete
"Incident Injury Report"

compliance@landpartners.com.au

0414 524 787 or 07 3842 8913

FIRST AID

- ✓ Remove the tick ASAP
- ✓ Use fine point tweezers
- ✓ Grasp the tick close to the skin
- ✓ Pull the tick straight out with steady pressure
- ✓ Do not try to kill the tick with chemicals. This could cause the tick to inject more toxins
- ✓ Multiple tiny grass ticks are best removed by soaking for 30 minutes in a bath, with 1 cup of bicarb soda added

AT HOME

- ✓ Check your clothing before entering your home
- ✓ Check for ticks after removing your clothing
- ✓ Pay attention to your head, behind ears, groin, armpits and back of knees
- ✓ Be careful where you put your clothing so you don't bring ticks into your home
- ✓ Put your clothes in the dryer for about 20 minutes to kill any unseen ticks

PREVENTION

- ✓ Wear long-sleeved shirts
- ✓ Wear long trousers
- ✓ Wear a hat
- ✓ Wear enclosed shoes
- ✓ Wear long socks
- ✓ Tuck shirt into pants and pants into socks
- ✓ Wear light coloured clothing so you can see ticks crawling on you
- ✓ Wear light coloured clothing as ticks appear to be less attracted to light colours