

MASTERCLASS

TICKS COME FROM BELOW !



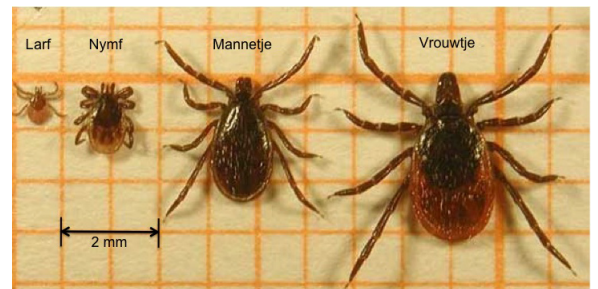
Advice on how to “Stop the Tick”

care[®]
PLUS

TICK FACTS

WHAT IS A TICK ?

A tick is a small arthropod parasite that looks like a small spider that feeds on the blood of passing hosts. Both animals and humans can be affected by a tick bite, but humans are not the preferred host of a tick, as they prefer rodents, birds, sheep or deer. A host is selected by odor, vibration and change in temperatures, and when the host passes; the tick starts its journey by simply attaching itself to the feet or ankles, and begins searching for a spot to feed. The most common tick in Europe is the sheep tick.



sheep tick live stages, photo: Fedor Gassner

WHY IS A TICK DANGEROUS ?



Erythema migrans

Ticks are dangerous because they can spread bacteria, viruses, parasites and infections while sucking blood from their prey. If stunned or heated while attached to a host, the tick goes into a state of shock which actually increases the risk of injecting its saliva with pathogens.

There is one type of bacteria spread by ticks that makes them very dangerous indeed called the *Borrelia burgdorferi* (*Spirochaetes*) bacterium. This causes Lyme disease. A system disease that causes muscle pain, muscle weakness, and joint pains. In some cases a characteristically shaped expanding 'bull's eye' rash appears, but the famous red circle (*Erythema migrans*) does not always occur, so after a tick bite it is advisable to write down the date of the bite your vague health symptoms, and tell your doctor that you have been bitten by a tick.

After a tick bite it is essential to remove the tick with a tick remover as soon as possible (preferably within 8 hours) and check whether the tick is infected. Treatment against Lime Disease is most likely to be successful when started directly after a tick bite.

HOW MANY TICKS ARE CONTAMINATED ?

Not every tick is contaminated with the *Borrelia* bacteria. In the U.K. there are certain hotspots where ticks are more concentrated, and while the percentage of infected ticks is unknown, in Holland the percentage of infected ticks is 20%.* It is a fact however that the number of people infected by Lyme Disease is increasing every year

*Source: Wageningen University, 25 March 2010



Borrelia burgdorferi spirochaetes



the tick lives in the grass, scrub and heath land

WHERE DOES THE TICK LIVE ?

Contrary to people's belief, ticks don't live high up in the trees in forests, but prefer to live in low vegetation like grass, scrub and heath land, so the areas where ticks live and can bite are much greater than expected.

WHEN IS THE TICK SEASON ?

Although present throughout the year, ticks are most active from May to September when temperatures reach around 8°C. The tick actively begins looking for food as it warms, so from early spring it is advisable to check pets, kids and yourself regularly for ticks.

STOP TICKS ATTACKING FROM BELOW !

We now know that ticks hide in vegetation and grass so please advise accordingly. Ticks can only be stopped if there is a greater awareness of where and how they live and the preventive measures that should be taken.

STOP THE TICK !

THE BEST PREVENTION TIPS AND ADVICE



There are a number of ways to stop the tick while walking, playing golf, gardening or simply playing outside.

- Minimize exposed skin and cover remaining areas with a strong insect repellent such as Care Plus® 30-50% Anti-Insect Deet or Care Plus® Repel-It /For Kids (Picaridin)
- Wear Care Plus® Bugsox the impregnated anti-insect sock that specifically stops the tick that attacks from below
- Tuck trousers into socks and spray trousers with Care Plus® Anti-Insect Deet

More tips to prevent tick bites and contamination can be found in the brochure 'Ticks, your unwanted guests' This brochure can be ordered from careplus@keebleagencies.co.uk, in packs of 50.



CONTROL AND REMOVAL



The tick attaches itself with its jaw into the skin on hot, humid areas (e.g. knee, groin, armpits and hairline) and the control of tick bites is very important after entering a risk area. The chance of contamination increases the longer the tick is stuck on the skin, so rapid detection is crucial and the tick must be removed completely within 8 hours. This can easily be done using the Care Plus® Tick-Out pincers and reduces the risk of contamination considerably.

Removing the tick should certainly not be done violently using finger nails, as the mouth parts may remain behind. The tick should not be drugged (alcohol) or heated (cigarette), as it will cause the tick to go into shock and inject its saliva with pathogens that will increase chances of contamination.

N.B. A tick bite is not painful and the red circle doesn't always show up after a tick bite.



mouth parts of a tick

TICK DISCOVERED ? TEST THE TICK !

The best way to determine whether a tick is infected with the bacterium *Borrelia* is to test the tick which is now possible with the new Care Plus® Tick-Test. The tick should be carefully removed, crushed in a tube and the special liquid added. The mixture is then dripped on the test cassette and within 20 minutes if the tick is infected you will know! With the results of the test, a doctor can be consulted to start treatment immediately

De Care Plus® Tick-Test is available from June 2010.

HOW TO ACT FURTHER

All products and POS materials (posters, banners) to provide information for your customers to stop the tick from below, can be ordered from Tropicare or from careplus@keebleagencies.co.uk

Place a link from your website to www.stopthetick.co.uk. There you will find the latest information and an awareness video.



Care Plus® Bugsox Adventure in action !

QUOTES FROM DUTCH PATIENTS

Michiel Kok (39): *“Three days after returning home from a riding holiday in the Ardennes, I discovered a tick in my groin. The tick sat there at least 3 days. I removed the tick and didn’t pay much attention to the tick bite, but after two months rheumatic pains began to occur in my hands. It was not arthritis, but the neurological symptoms were getting worse. After negative results, my girlfriend reminded me of the tick bite. I had a test for Lyme, but the doctor could find nothing, but after reading various websites, my girlfriend found out that in the Netherlands they do not have the correct test and that I therefore had to go to Cologne. Eventually, my doctor yielded after much insistence and the blood test results from Cologne. After 5 days of antibiotics (doxycycline) I felt much better. If my friend hadn’t mentioned the tick bite, I probably wouldn’t have had the right treatment.”*

Meike Wesselink (31): *“After a walk in the forest, I had constant itching in the same place. I scratched on the itchy skin, before I realized there was a tick, so it was already agitated. I got a crust with a red spot around it and pus. So I went to the doctor, who soon found that this was a tick bite. With a 15-day course of antibiotics I had enough time to act against Lyme disease and I didn’t get ill, because even within 78 hours I was there. Although my story is positive, and I finally have received no Lyme disease, I find it very important that we become conscious of the fact that the dangerous tick comes closer and we can successfully strike against it. Fortunately I had a tick pincer at home, because I always thought that my child was most at risk. ”*

Sylvia Cadee (24): *“From when I was 13 I had all sorts of vague complaints, but when I was 18 the complaints suddenly became very serious: I even ended up in a wheelchair! The doctor at first thought of MS but the blood test proved positive for Lyme disease. I received a short course of antibiotics and that was the end of the treatment, but there were still complaints. The Lyme Association informed me about a private clinic in Amsterdam, and I had 13 months of treatment with antibiotics through a drip. Finally on my 21st I was cured. Physicians especially underestimate the Lyme disease at the expense of early treatment. It is therefore important to bring more attention to the dangers of a tick bite and Lyme disease.”*

Dr. Herman Aa (67): *“Now that my family had been diagnosed Lyme twice, I decided to investigate more. I was shocked by the number of infections and the consequences of the disease and I have set myself as a guide for Lyme patients and have developed a test to discover if a tick is infected or not. The test may be taken to the doctor and save valuable time and allow early treatment. It is important to take preventive measures to stop the tick. We must also try to convince doctors of the seriousness of Lyme disease. They often detect Lyme Disease too late because the symptoms are similar to other diseases, and the appropriate test is not available. Together we can stop the tick and with the tick test we can stimulate doctors to be more active and take Lyme Disease more serious!”*



TICKS ARE COMING UP

“Every year an estimated 1.2 million Dutch people are bitten by a tick. Many are innocent, but in recent decades, the risk of infection with the Borrelia bacterium that causes Lyme disease has increased considerably. More wild mammals carrying the bacteria and the tick population have grown in size perhaps because of warmer winters, and we have also become more active outside so the risk of infection has increased.

In 2005, 17,000 Dutch people were diagnosed with Lyme Disease. At an early stage of infection, treatment with intensive antibiotics is effective. If an infection is not recognized in time may be months or even years later, serious problems occur such as long-lasting fatigue, arthritis, back and neck pain, balance disorders, and even meningitis or brain inflammation. Treatment is difficult and not always effective. Preventing tick bites is the best cure.

The main transmitter of Lyme disease is the sheep tick, Ixodes ricinus. This species is abundant in forest and dune areas where there is dense undergrowth. The nymphs and adult ticks are very small and often difficult to recognize so a bite can be sustained by contact with vegetation on which the ticks are established. Ticks cannot jump or fly and do not fall from trees on passing hosts.

The use of protective devices such as DEET (diethyltoluamide) on shoes, socks and trousers provides good protection against ticks. Also pants and socks impregnated with permethrine is effective, as it eliminates the tick. ”

Dr. Bart GJ Knols ir

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