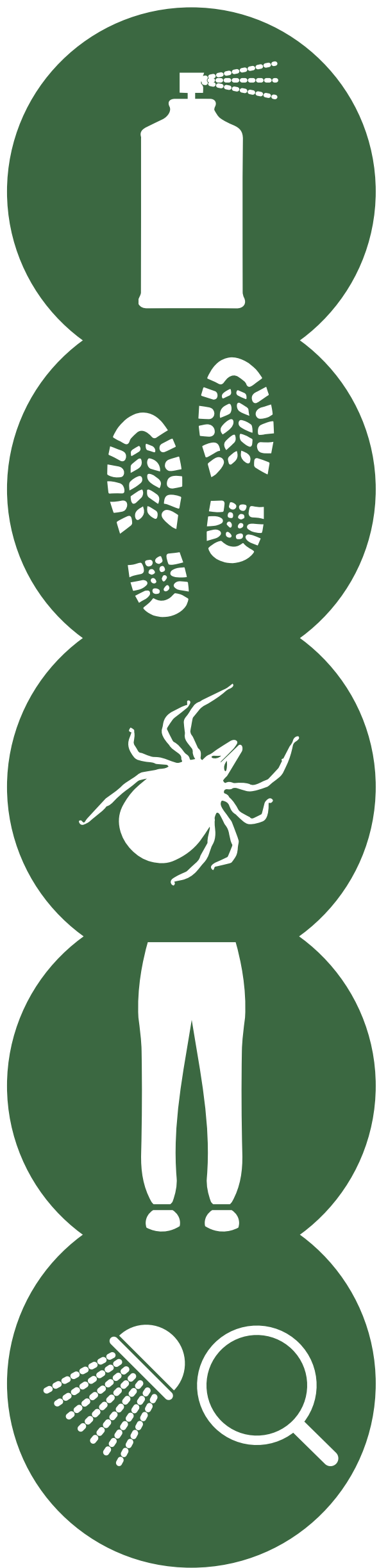


Lyme Disease



Protect yourself from tick bites



Wear insect repellent during outdoor activities

Avoid walking through long grass and stick to pathways

Wear light coloured clothing and brush off any visible ticks

If you have to walk in long grass tuck trousers into socks

Shower and check for ticks when you get home



Lyme Disease UK lymediseaseuk.com

Awareness campaign supported by



A scientifically proven, naturally sourced insect repellent. DEET-free, Mosi-guard Natural provides 6 hours of protection against the ticks known to carry Lyme disease.