**Midges**

**Meanbh-chuileagan**

Everyone has heard of the dreaded **Scottish Midge**. If you are planning a visit to Scotland between May and October, you are very likely to meet a few. However by knowing a few facts and taking a few simple precautions, they will not become an unwelcome guest on your trip.

Check out [www.midgeforecast.co.uk](http://www.midgeforecast.co.uk) for updates.

<table>
<thead>
<tr>
<th>Midge Facts</th>
<th>Midge Forecast</th>
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<tr>
<td>Midges love the smell of cows.</td>
<td>Midge love:</td>
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<td>There are around 30 species of midge in Scotland.</td>
<td>- Mornings and evenings</td>
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<td>Only the female midge bites.</td>
<td>- Cool calm weather</td>
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<td></td>
<td>- Shady areas</td>
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<td>- Wet summers</td>
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<td>- The unprepared</td>
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<td>- Some people’s blood more than others!</td>
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**Ticks**

**Gartain**

**What are they?**

Ticks are small, spider-like creatures that feed on the blood of mammals such as deer, sheep, dogs and humans.

**Where are they?**

They are found in long grass, the undergrowth and heather.

**What happens?**

The bite is usually painless and if left, ticks remain attached and feeding for up to three days before dropping off.

**Why important?**

Some ticks carry bacteria in their gut which can cause infections like Lyme Disease.

**TICK LIST**

- Give dogs repellent & collars before visiting the outdoors.
- Wear light-coloured clothing and avoid sandals/shorts.
- Pack a tick remover tool or tweezers and follow instructions carefully.
- Ensure everyone checks themselves thoroughly at the end of the day.
- Know the symptoms of Lyme Disease and, if suspected, speak to a doctor immediately.

For further information please contact:
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