**LYME DISEASE AND TICKS**

*Lyme disease is a bacterial ilness – ‘BORRELIA’.*

Lyme disease is spread by ticks when they bite the skin.



Do not worry if a bit of the tick is left in. However if you are worried it is infected come and see the nurse for advice.

Leaving a bit in will not cause Lyme disease.

Symptoms of Lyme disease:

Lyme disease has a characteristic rash (bull –eye rash)



Fever

Malaise

Fatigue

Headaches

Muscle and joint pain

How to avoid tick bites:

When camping or walking in places where ticks might be wear long sleeves and trousers.

Tuck trouser into socks.

Try not sitting on the ground.

Keep to pathways and where possible avoid overgrown areas.

Removal of ticks:

We recommend you use a device that you can buy from the chemist

DO NOT be tempted to squeeze or cover in Vaseline.

Remove as quickly as possible.

Come to the doctor or nurse if you are concerned.

If you develop a rash or any symptoms already described. Make an appointment to see the doctor.

For more information on this please visit <https://www.nhs.uk/conditions/lyme-disease/>

**NEW PHARMACY FIRST SERVICE**

A new Pharmacy First Service is now available in Tarbert.

The service is available during pharmacy opening hours and allows eligible patients to access

treatment for uncomplicated urinary tract

infections and the common skin infection, impetigo, without the need to visit their GP surgery.

Community Pharmacists will carry out a consultation and, where appropriate, can provide medication

without the need for a GP Prescription.

Eligible patients: Impetigo - aged over 2 years old with the skin infection covering one small area

Women aged 16-65 with uncomplicated Urinary Tract Infection **not allergic to Trimethoprim**

**STAFF CHANGES**

Dr Catriona Ramsay is leaving the Practice at the end of August. We would like to thank her and wish all the best for the future.

We would like to welcome our new GP Partners, Dr Sally Darnborough and Dr Adrian Ward.

**From 3rd September**

**GP Surgeries;-**

**Monday** - Dr Ward

**Tuesday** – Dr Ward

**Wednesday** – Dr Ward and

Dr Darnborough

**Thursday-** Dr Spink

**Friday** – Dr Spink