4th July 2023

Grass & grassland management



Parks for London

London Parks Benchmarking Group

Keeping our Grasslands Safe



Potential Hazards

- Fires
- Ticks (Lyme disease)
- Rats
- Dog poo
- Litter

Wennington July 2022





Hornchurch Country Park

Fires

- Fire breaks
- Pathways
- Comms (including LFB advice)





Havering Council
@LBofHavering

Advice from @LondonFire in keeping safe outdoors in the hot weather. Remember, BBQs are not allowed in any of #Havering parks & open spaces

> **London Fire Brigade** @LondonFire · Jun 9
> 🚨If you're heading to the park this weekend to enjoy the weather, please do not take a disposable BBQ with you.
>
> They can easily cause grass fires, especially in hot weather when the ground is dry. 🔥
>
> Read our full statement and top safety tips👉london-fire.gov.uk/news/2023/june...



Key tick awareness messages

- '**be tick aware**' and remember that you could be exposed to ticks whenever you spend time outdoors, including when in your garden or the local park
- ticks mainly attach to animals, but sometimes they may bite you or your family. It is important to remember that bites can occur on any part of the body and more than one tick can be attached at a time
- you can reduce the chance of tick bites by walking on clearly defined paths, using insect repellent and performing **regular tick checks**
- some tick bites can result in infection, so it is important to remove ticks safely and as quickly as possible
- the safest way to remove a tick is by using a pair of **fine-tipped** tweezers or a tick removal tool
- if you begin to feel unwell with flu-like symptoms, or develop a spreading circular rash (which usually appears within 1 to 4 weeks after being bitten), **contact your GP or dial NHS 111 promptly**

More information

For more information, search for the phrases 'ticks' and 'Lyme disease' on these websites: www.nhs.uk www.gov.uk

www.gov.uk/government/collections/lyme-disease-guidance-data-and-analysis

www.nhs.uk/conditions/lyme-disease/

www.nhs.uk/conditions/tick-borne-encephalitis/

You can also send any ticks you find to our Tick Surveillance Scheme. Visit www.gov.uk/guidance/tick-surveillance-scheme to find out more.

NICE Lyme guidance: www.nice.org.uk/guidance/ng95

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Committed to clearer communication
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UKHSA supports the Sustainable Development Goals

SUSTAINABLE DEVELOPMENT GOALS

UK Health Security Agency

Enjoy the outdoors but '**be tick aware**'



'Be tick aware' to avoid tick bites and know how to take action if you or your family get bitten by ticks

Heath Security Agency leaflet -

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/1148613/Tick-awareness-A5-leaflet-April-2023.pdf



Tick sizes compared to a one penny coin

What are ticks?

Ticks are small, spider-like creatures that feed on the blood of animals, including people. The size of a tick can vary, with a larva being as small as a tiny freckle, and fully fed females similar in size to a baked bean.

Where do you find ticks?

Ticks survive in many habitats, but prefer moist areas with leaf litter or longer grass, like in woodland, grassland, moorland, heathland and some urban parks and gardens. Ticks don't fly or jump. They wait on vegetation for a host to pass by, and then climb on. They bite and attach to the skin and feed on blood for several days, before dropping off. Ticks are found throughout the year, but are most active between spring and autumn.

Main health risks

- ticks can sometimes transmit microbes that may cause human diseases such as Lyme disease and tick-borne encephalitis (TBE), though TBE is rare in the UK. It is important to be tick aware and see your GP promptly for diagnosis and treatment if you recognise the symptoms of tick-borne diseases which can include:
  - a flu-like illness, fatigue and muscle and joint pain
  - a characteristic expanding red rash, known as erythema migrans (present in many but not all cases)
  - persistent headache, confusion or sensitivity to bright light
- you may not always remember being bitten by a tick, so if you have spent time outdoors and develop any of these symptoms, seek advice from your GP or dial NHS 111
- Lyme disease can be treated with a course of antibiotics. Without treatment, more serious conditions can develop such as swelling in some joints or problems with the nerves and heart, so prevention and early detection are key
- rarely ticks transmit tick-borne encephalitis (TBE), however the risk in the UK is very low. Symptoms include flu-like illness, persistent headache, confusion and sensitivity to bright light

Avoiding ticks

- walk on clearly defined paths to avoid brushing against vegetation
- wear light-coloured clothes so ticks can be spotted and brushed off
- use repellents such as DEET
- carry out a tick check

Carry out a tick check

Make it a habit to check your clothes and body regularly for ticks when outdoors and again when you get home. Check your children and pets as well.

Areas that ticks may frequently be found include skin folds, armpits, groin, waistband area, back of the neck and hairline. Data from UKHSA's Tick Surveillance Scheme shows that adults are commonly bitten on the legs, whilst children are commonly bitten on the head or neck area. It is important to remember, however, that bites can occur on any part of the body and more than one tick can be attached at one time.

If you have been bitten

- remove ticks as soon as possible
- the safest way to remove a tick is to use a pair of **fine-tipped** tweezers or a tick removal tool
- grasp the tick as close to the skin as possible
- pull upwards slowly and firmly, as mouthparts left in the skin can cause a local infection
- clean the bite area with antibacterial wash/soap and water, and monitor it for several weeks for any changes
- contact your GP promptly if you begin to feel unwell with flu-like symptoms or develop a spreading circular red rash. Remember to tell them you were bitten by a tick or have recently spent time outdoors

Tick removal with tweezers





Visit our Resources Hub

https://parksforlondon.org.uk/resource/managing-grass



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