

BE TICK SMART



REPEL • INSPECT • REMOVE

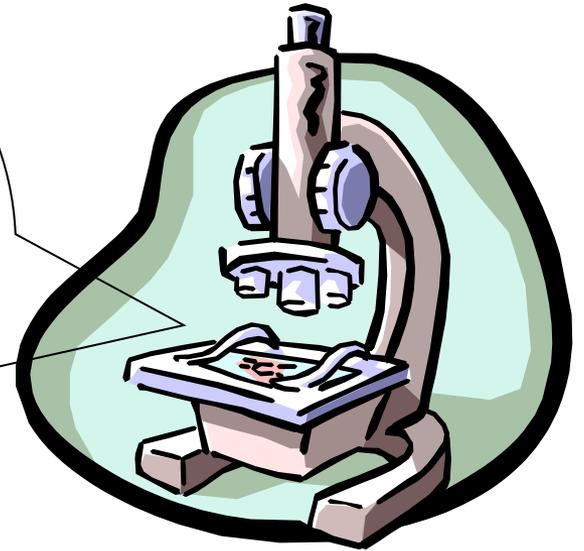
How to Prevent Lyme Disease

Grades 3 - 5



What is Lyme disease?

- Lyme disease is caused by a type of bacteria called *Borrelia burgdorferi*.
- This bacteria can make people and pets sick.



The bacteria that causes
Lyme disease lives inside the
stomach of a deer tick



How do ticks get the bacteria?

Ticks get the bacteria when they bite and feed on an animal that is carrying the bacteria, such as:

- Mouse



- Bird

- Other small animal



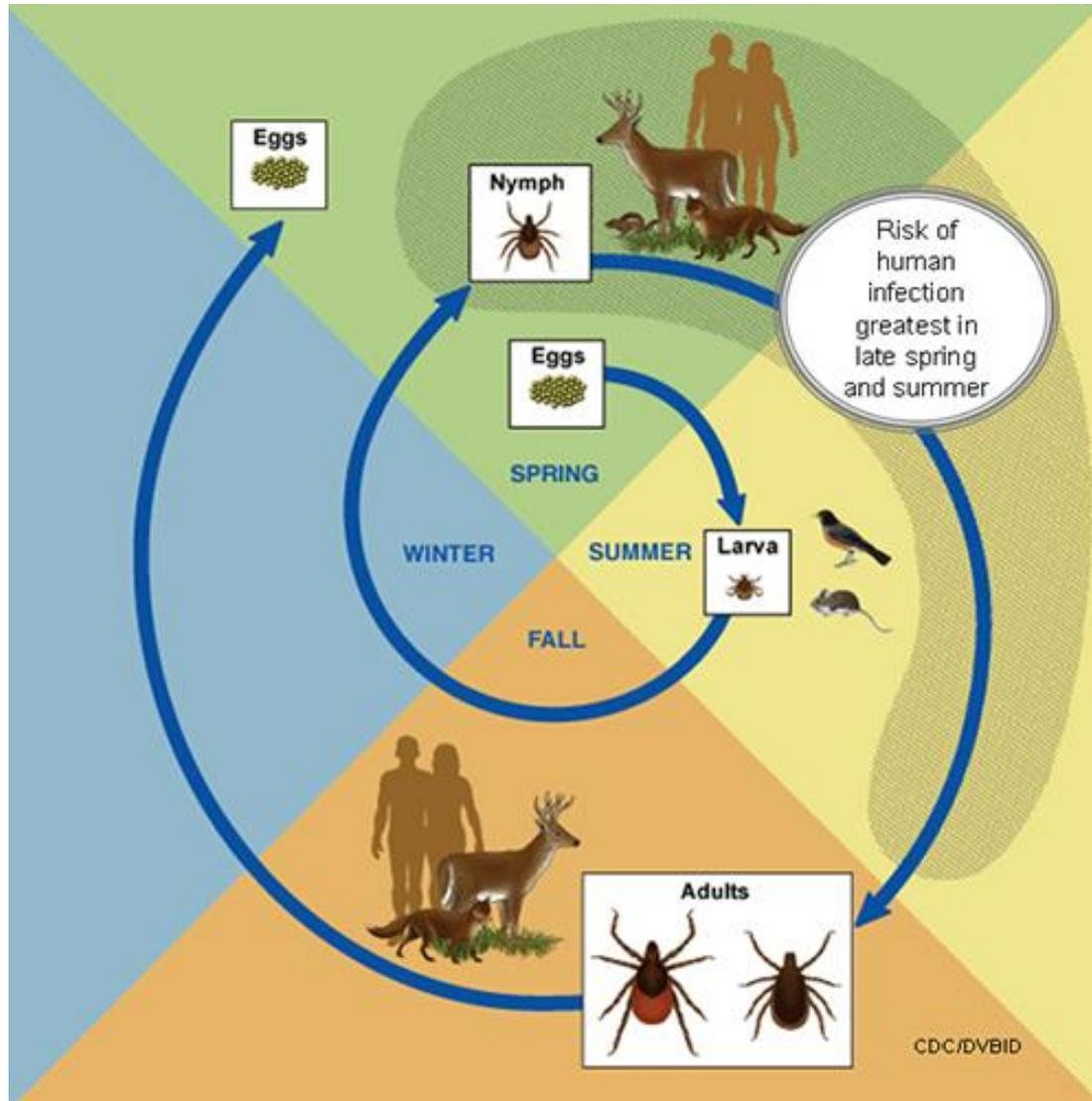
Ticks can pass the bacteria to other animals



Ticks can also pass the bacteria to people and pets



A Tick's Life



What do deer ticks look like?



Deer tick larvae have 6 legs, and nymphs and adults have 8 legs

Actual Tick Sizes

What a Tick Looks Like
(enlarged)

Stage

What a Tick Looks Like
(actual size)



LARVA



NYMPH



ADULT MALE



ADULT FEMALE

Where are ticks found?



- Woods
- Tall grass
- Shrubs
- Piles of leaves and brush



How Do People Get Bitten by Ticks?



- Ticks don't fly or jump.
- Ticks hang out in vegetation and grab onto people (or clothes) when they walk by.
- A tick will then crawl to a feeding spot on the person or animal.

How does a tick spread the bacteria that causes Lyme disease?



- Once ticks bite they usually hang on for several days while they feed.
- Usually a tick must bite and stay attached to your skin for at least 36 hours before it can give you Lyme disease.

Ticks After a Blood Meal



What are the signs of Lyme disease?



- Rash that may look like a bull's eye or a target
- Sore muscles
- Very tired



- Swollen joints

Treating Lyme Disease



Your doctor will give you medicine if you need it.

BE TICK SMART

REPEL • INSPECT • REMOVE

REPEL



- Ask a parent to buy bug spray (repellent) that will protect your skin from ticks.
- The repellent should be applied to your skin (that is not covered by your clothes) before you go outside.
- You can also treat your clothes with Permethrin.

INSPECT

When you have been outside...



- Check for ticks on your body every day.
- Find a buddy and check each other's clothes and skin.
- Ask an adult to help you.

REMOVE

If you find a tick on your body:



- Tell an adult.
- Have an adult help you to carefully remove the tick with a pair of fine point tweezers.
- Wash the bite with soap and water.

Prevent Lyme Disease

How to BE TICK SMART:

- Stay out of areas where ticks live.
- Wear light colored clothing & tuck pants into socks
- Repel – use bug spray.
- Inspect – check your body for ticks when you come inside. Take a shower to wash off ticks you cannot see.
- Remove – if you find a tick, have an adult remove it with tweezers.



Other ways to protect yourself from tick bites

When hiking or walking in grassy areas:



Wear long pants tucked into your socks to keep ticks off you.



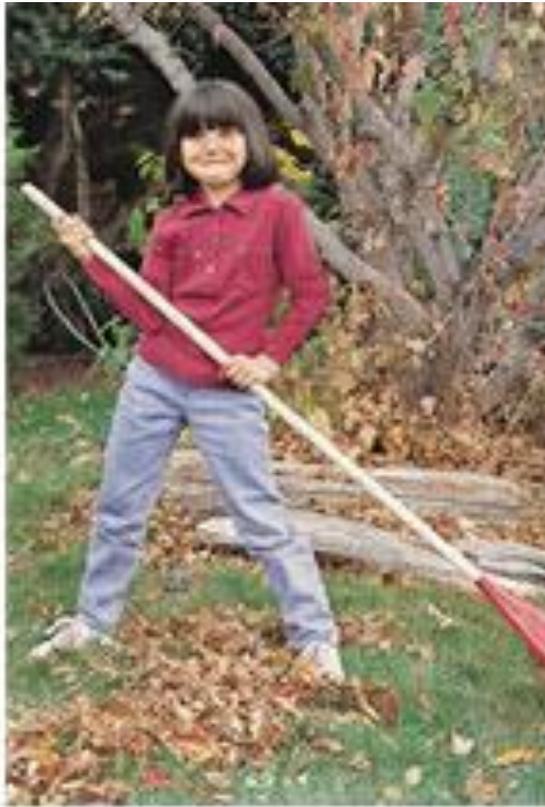
Wear long-sleeved shirts and, light colored clothes to make it easier to spot ticks.

Pets can get ticks



- Check your pet for ticks after it has been outside and remove any ticks.
- Ask your veterinarian about collars, sprays, powders, and other treatments will help stop ticks from biting your pet.

Keep your yard safe from ticks.



- **Keep grass cut short**
- **Remove leaf piles and brush**
- **Use deer fencing**

**Remember,
You can prevent Lyme Disease by
Keeping Ticks off your Body!**

