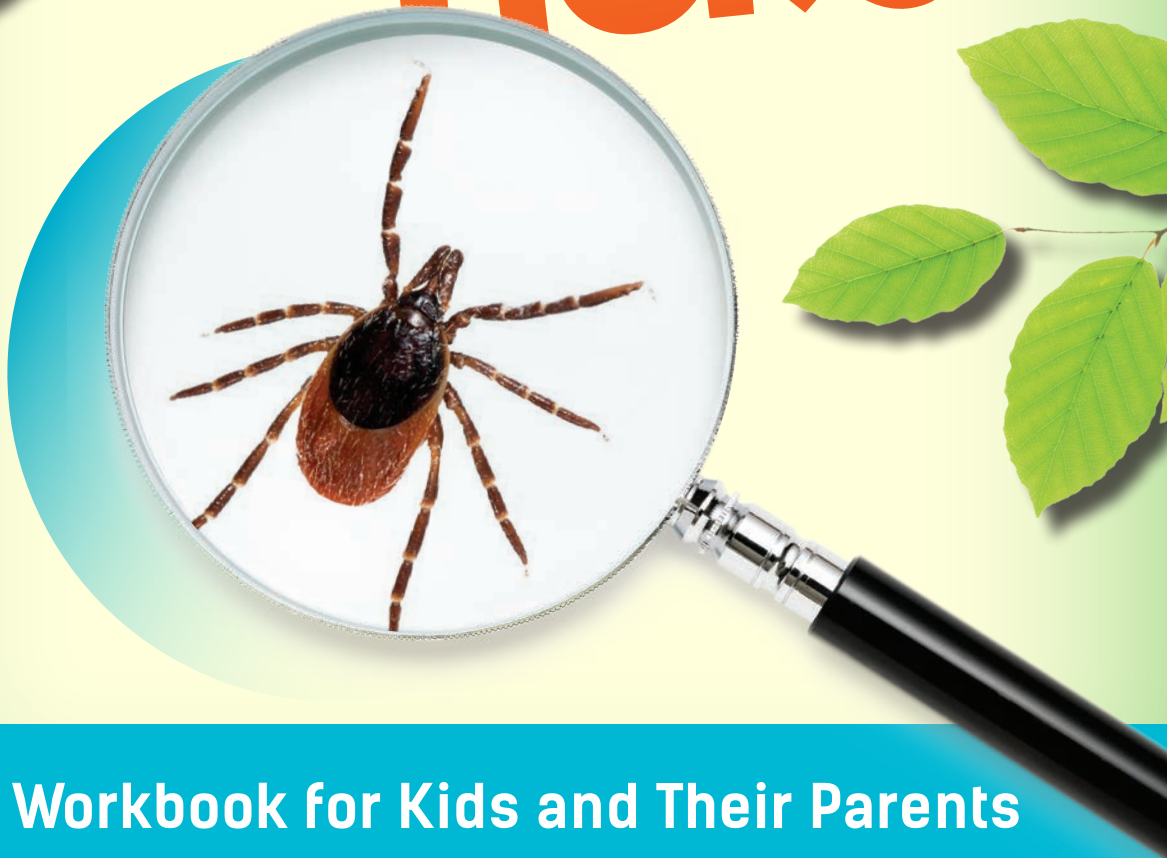


ALL ABOUT TICKS



A Workbook for Kids and Their Parents

**THIS BOOK
BELONGS TO**



WHAT ARE TICKS?

Ticks are small bugs that bite and suck blood from people and animals. They are usually found in tall grass or wooded or brushy areas, from early spring to late fall.

Ticks may spread diseases like Lyme disease that can make you or your pet sick.



Some ticks are *tiny*—
about the size of a
poppy seed. As they
suck your blood, they
get larger and may
look like a
tiny grape.



**BEFORE
FEEDING**



**AFTER
FEEDING**

There are
4 STAGES in
a tick's life.

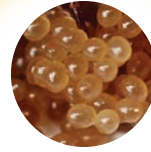
After the eggs hatch, the tick will need to suck blood at each stage of life.

EGGS hatch to become larvae.

The **LARVAE** need blood to grow into nymphs.

NYMPHS also need blood to then grow into adults.

ADULT females need blood to lay their eggs.



EGGS



LARVA



NYMPH



ADULT

Ticks can't fly or jump. They grab on to you with their legs if you are close enough. Since they are small, they are hard to see, especially in the larva and nymph stages.





ALWAYS CHECK YOURSELF FOR TICKS

Check for ticks every time you go in an area where ticks may live.

Feel for bumps and look for tiny brown spots.

Remember to check your pets, too!































Check:

- Inside and behind ears
- Along hairline and in hair
- Back of neck
- Armpits
- Belly button
- Waistband
- Behind knees
- Between legs

Keep track of your daily tick checks when you go camping or hiking. Write down the month and year and add a check mark or a sticker to the calendar whenever you check for ticks.

MONTH _____ **YEAR** _____

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						
	+	+	+	+	+	+
						
	+	+	+	+	+	+
						
	+	+	+	+	+	+
						

Ticks are SMALL!!!

These are the actual sizes of the different stages of a tick.



LARVA



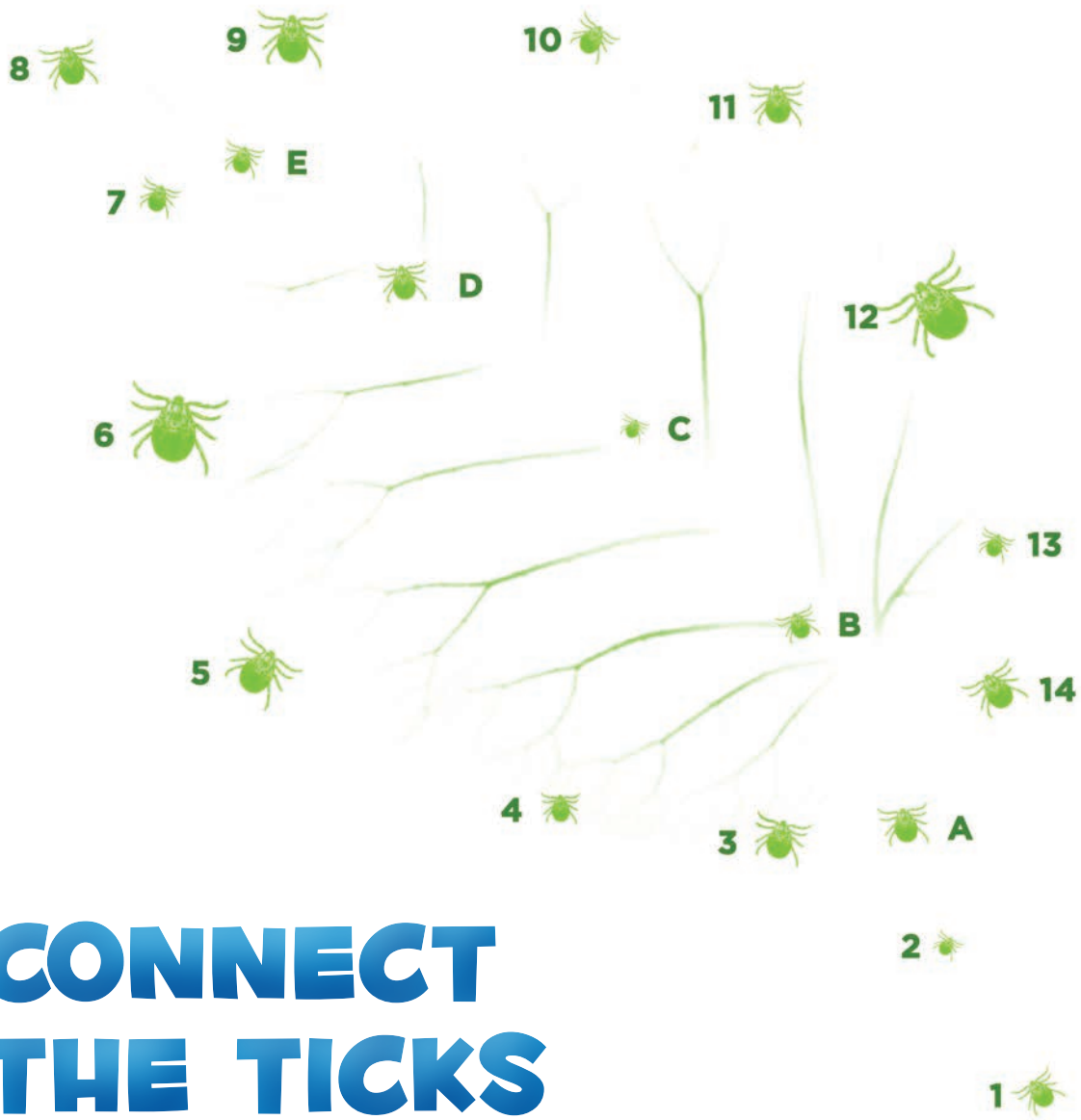
NYMPH



ADULT

The nymphs are the size of a poppy seed. Can you find the five nymph ticks on the bagel below?





CONNECT THE TICKS

Across

1. What ticks eat (it's red and in your body)
3. Ticks hatch from_____
5. Ticks grab you with their_____
7. Use these to remove ticks

Down

2. You should check these furry friends for ticks
4. One place ticks are found
6. Ticks love hiding behind these parts of your head

HIDDEN WORDS

P K K J S H E N
E J C S N C G I
T Y A I O T G K
S R V M T A S S
G Y N I T H I U
S P R A Y G U B

WORD BANK

Bug

Eggs

Grass

Hatch

Pets

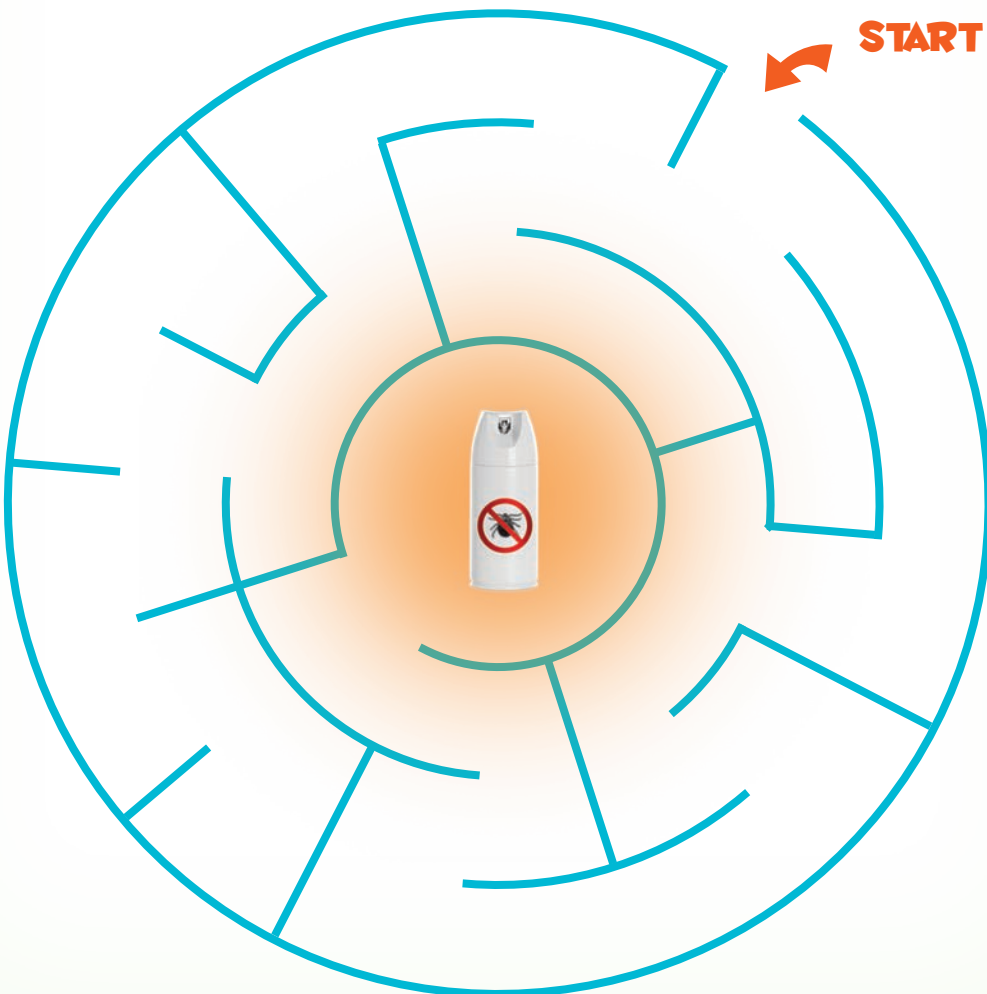
Skin

Spray

Tick

Tiny

FIND YOUR WAY TO THE SPRAY



START HERE

HOW TO PREVENT TICK BITES

- Wear insect spray containing DEET on your skin or Permethrin on your clothes.*
- Wear long pants and long-sleeve shirts.
- Wear light-colored clothing.



- **Tie your hair up or wear a hat.**
- **Tuck your pants into your socks and tuck in your shirt.**
- **Check yourself for ticks while you are playing outside and after you are done playing outside.**
- **Take a shower or a bath soon after being outdoors.**

***See Parent Section**



HOW TO REMOVE A TICK

If you find a tick attached to your body, ask an adult to help you remove it.

Learn more: Visit www.health.ny.gov and search ticks.



To properly remove a tick:

- **Use fine-tipped tweezers.**
- **Grab the tick close to the skin.**
- **Use a steady, upward motion to pull the tick out.**
- **Wash the tick bite area.**
- **Disinfect the tweezers.**
- **Wash your hands.**

Do not panic when you remove the tick.

Do not use petroleum jelly, a hot match, nail polish or other products to remove a tick.

Do not squeeze or twist the tick.

If you get a rash or fever from a tick bite, tell an adult.



HOW MUCH DO YOU KNOW?



1 Ticks are found naturally:

- a. on the Brooklyn Bridge
- b. in areas with tall grass, bushes or woods
- c. in the sandbox
- d. in your house



2 You want to remove a tick from yourself or your pets because:

- a. ticks are ugly
- b. you don't want them to have a free ride
- c. your friends will be jealous if you have one and they don't
- d. ticks can bite and may transmit diseases that can make you or your pets sick



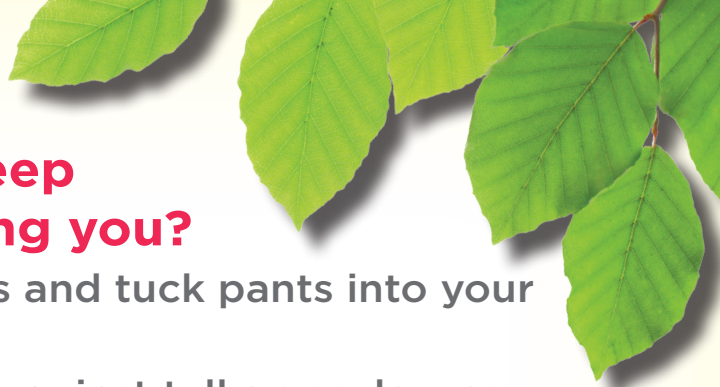
3 How do you keep ticks from biting you?

- a. wear long pants and tuck pants into your socks or boots
- b. avoid brushing against tall grass, leaves, logs or shrubs
- c. check for ticks on yourself, pets and people with you when you leave the wooded or grassy areas
- d. all of the above



4 If you find a tick attached to your skin, you should:

- a. squash it like a bug
- b. grasp it with tweezers and yank it off
- c. ask an adult to help you grasp it with tweezers as close to the skin as possible and slowly pull it off in a steady, upward motion
- d. wash it off



PARENTS

Please use this booklet with your child to teach him or her about tick bite prevention. Keep in mind these important points when discussing prevention with your child.

Ticks may carry different types of diseases including Lyme disease, anaplasmosis, Rocky Mountain spotted fever and babesiosis. Since there are no vaccines available for these tick-borne diseases, prevention is very important. To prevent tick bites, make sure you and your children:

Bathe or shower within two hours of coming indoors.

- Bathing and showering help remove ticks that have not yet attached themselves.

Check for ticks every night.

- Most people don't know that they have an attached tick since tick bites are usually painless.
- It is important to check the body carefully since

ticks are very small and may feed anywhere on the body. Check under arms, in and around ears, inside the belly button, behind the knees, between the legs, around the waist and in the hair.

- Remember to check your pets for ticks as well.

Apply repellents.

- Use insect repellents containing 20% to 30% DEET on your skin. Always follow product instructions. Apply product to children, avoiding hands, eyes and mouth.
- Use products containing 0.5% permethrin on clothing and gear such as socks, pants and boots. Once applied, these products remain protective through several washings.
- Use flea and tick repellent on your pets. Speak to your veterinarian about options.



If you or your child develop a rash or fever from a tick bite, call a doctor.

For more information, visit [nyc.gov](https://www.nyc.gov) and search **ticks.**

NYC
Health