

WHAT ARE TICKS?

Ticks are small bugs that suck blood. They sneak onto your body and find a place to bite.



Young tick



Adult Female tick

Tick bites are dangerous because they can give you diseases like Lyme disease.

Ticks do not fly. They wait in tall grass or low bushes until someone comes along. Then the tick grabs on and wanders around until it finds a place to bite.



NatCapLyme

The National Capital Lyme and Tick-Borne Disease Association

www.natcaplyme.org

Please visit our website for more information on
ticks and tick-borne diseases

**National Capital
Lyme Disease Association**

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Tick Busters

**LEARN THE FACTS
AND BECOME A
TICK BUSTER!**



PROTECT YOURSELF!

DEET repels ticks.

Ask an adult to help you apply a repellent containing DEET on your arms and legs. Always follow label instructions.



Wear long-sleeved shirts and long pants. Tuck your shirt into your pants and then tuck your pants into your socks to help keep ticks outside your clothes.



Ticks like to sit in the grass and in bushes. Stay in the center of paths when you are out walking. Also, don't sit or lie directly on the ground.



CHECK YOURSELF!



Use a mirror and your fingers to check for ticks. If you feel a bump or see a new freckle, a moving freckle or a freckle with legs, ask an adult to check it.

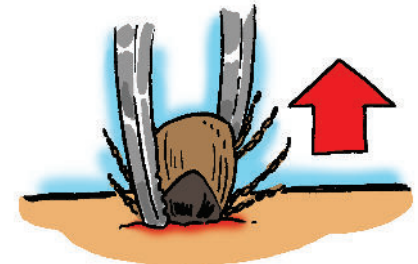
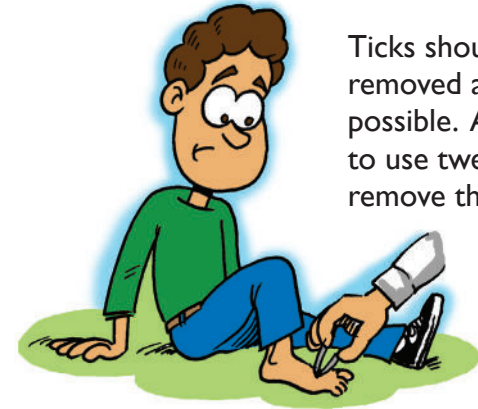


Ticks crawl ALL OVER a person until they find a good place to hide. ALWAYS check yourself for ticks after being outside, especially in areas where ticks hang around. A tick may feel like a small bump. Some ticks look like freckles.

Remember, ticks can be anywhere, so check EVERYWHERE when you bathe!

IF YOU GET A TICK...

Ticks should be removed as soon as possible. Ask an adult to use tweezers to remove the tick.



Grab the tick as close to the head as you can. Pull gently until the tick lets go. Wrap the tick in tissue and seal it in a plastic bag with name, date and contact information. Bring it to your local Health Department or nearest lab to have it identified and tested for Lyme and other tick-borne diseases.



Clean the bite area after the tick is removed.