

Tick Busters™

JUST SAY KNOW...



DON'T GET SICK FROM THE BITE OF A TICK

Ticks are members of the spider family and are bloodsucking parasites. They live on the bodies of people and animals and use their blood as food.

- ✱ There are more than 800 kinds of disease carrying ticks on this planet.
- ✱ A single bite from an infected tick can make you very sick.
- ✱ Lyme disease is the most commonly reported tick-borne illness.
- ✱ Ticks are almost blind and find their prey by the smell of your breath or the warmth of your body.
- ✱ Ticks can feed for several days and consume up to 500 times their body weight.



PREVENT TICK BITES

- ✱ Avoid areas where ticks are found, like leaf piles and tall grasses.
- ✱ Wear light-colored clothing, long sleeves and pants, and tuck pants into socks.
- ✱ Use EPA-approved repellents and carefully follow the manufacturer's instructions for application.
- ✱ DO A ROUTINE TICK CHECK with the help of an adult after being outside. Check everywhere: your hair and scalp, behind ears and knees, elbows, underarms, skin folds and the groin area.



Don't dress like this!

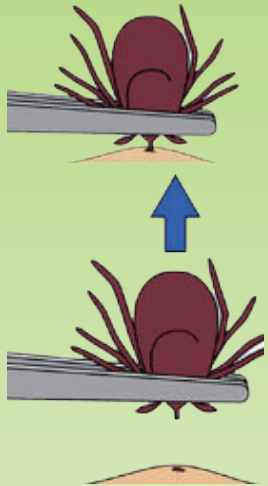


TICK REMOVAL



To remove attached ticks, use the following procedure:

- ✱ Remove it as soon as possible.
- ✱ Ask an ADULT to use tweezers.
- ✱ Grab the tick as close to the head as possible.
- ✱ Gently pull straight up until the tick lets go.
- ✱ Do not twist, jerk, or squeeze the tick's body.
- ✱ Do not use nail polish, petroleum jelly, alcohol, or heat to remove a tick.
- ✱ Place the tick in a Ziploc bag to have it identified and consider saving it for testing.



BASIC SYMPTOMS OF LYME DISEASE

- ✱ Rash – either circular, spreading, or “bulls-eye” – may appear around the bite site; rash does not occur in all cases.
- ✱ Flu-like symptoms, followed by intermittent illness.
- ✱ Extreme fatigue.



For more information contact:

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