

All About Ticks



A Workbook for Children 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 such as Lyme disease that can make you or your pet sick.





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



Before Feeding



After Feeding

There are four stages in a tick's life. After the eggs hatch, the ticks 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 female ticks need blood to lay their eggs.



Eggs



Larva



Nymph



Adult

Ticks cannot fly or jump. They grab onto you with their legs if you are close enough, then crawl around your body to find a safe place to feed. Since ticks 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

Tick Check Calendar

Month: _____ Year: _____

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						
						
						
						

Keep track of your daily tick checks when you visit places where ticks might live. 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

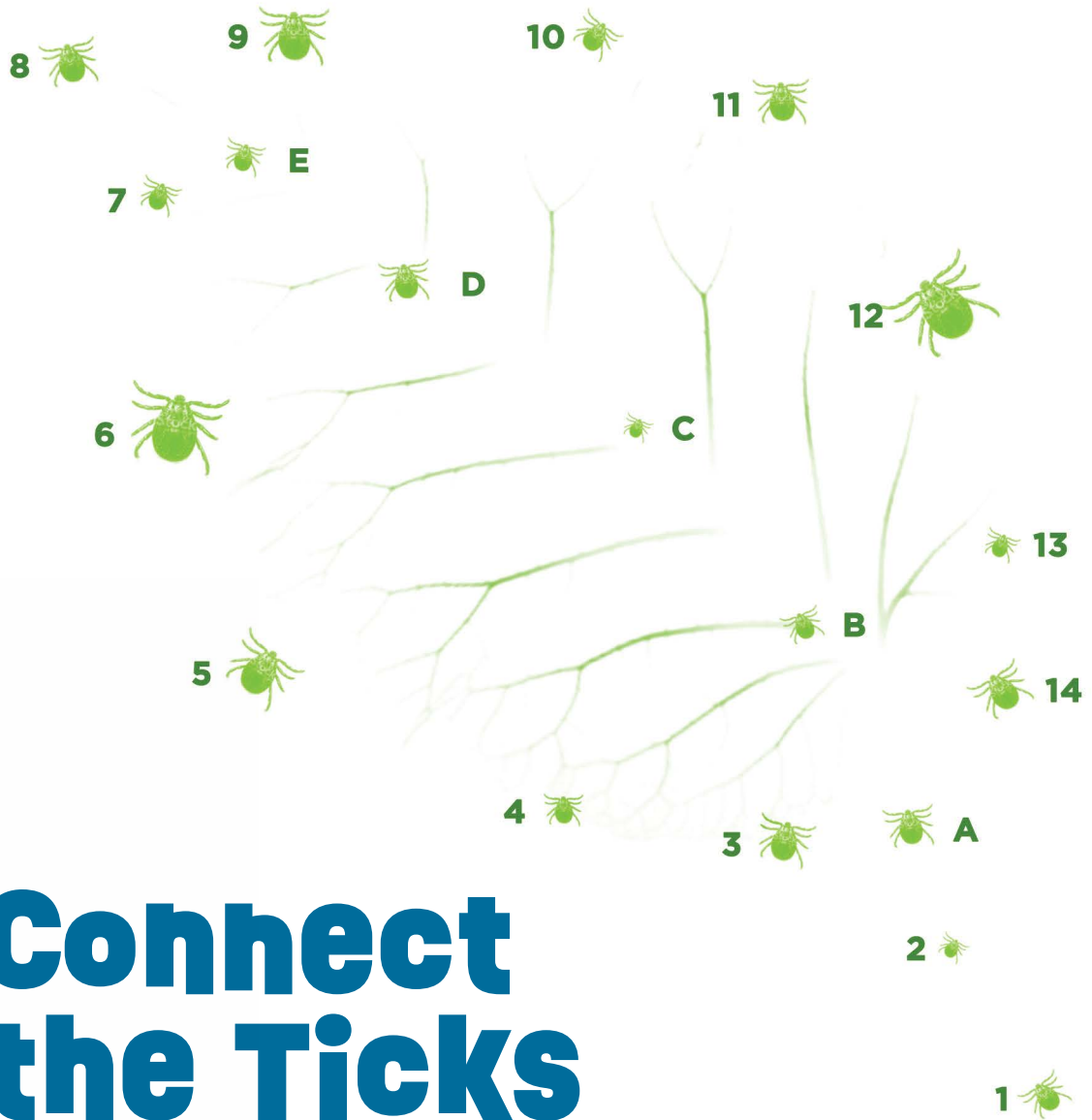


Adult

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

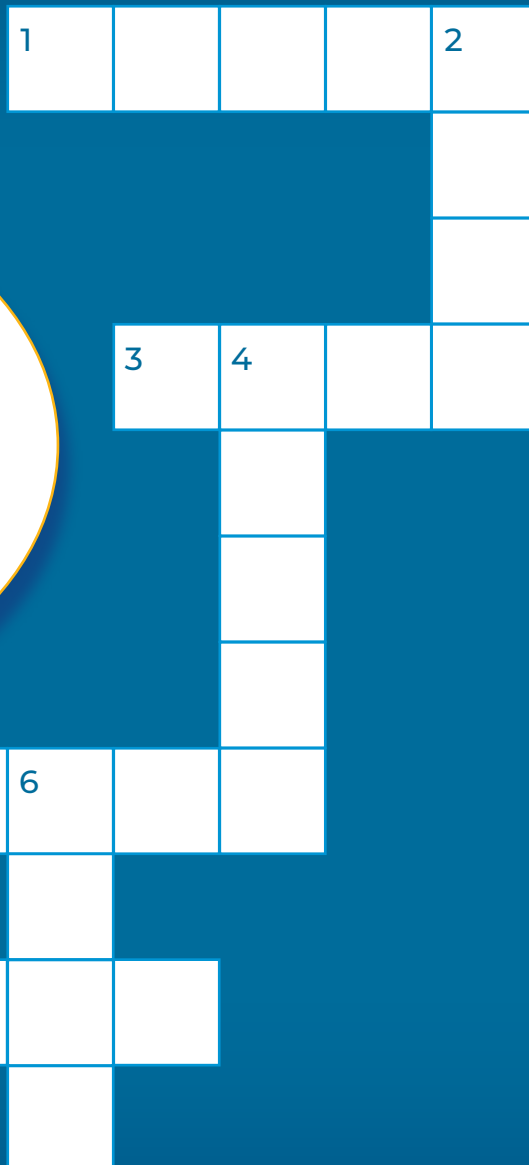


Connect the Ticks



Ticks

Crossword



Across

1. What ticks eat (it is 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.

Answers: 1. Blood, 2. Dogs, 3. Eggs, 4. Grass, 5. Legs, 6. Ears, 7. Tweezers

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

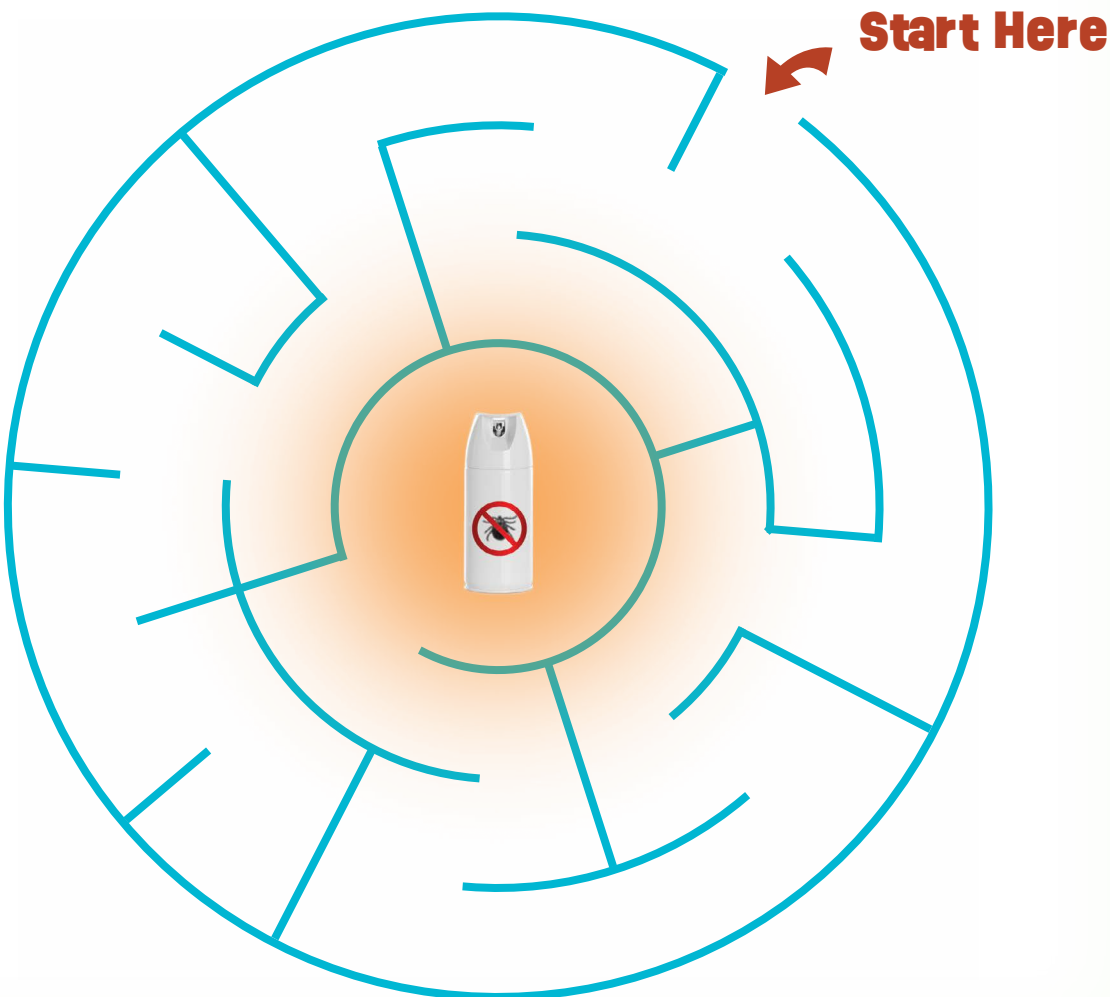
Word Bank

Bug
Eggs
Grass

Hatch
Pets
Skin

Spray
Tick
Tiny

Find Your Way to the Spray



How To Prevent Tick Bites

- Wear insect spray containing DEET, picaridin, IR3535 or oil of lemon eucalyptus on your skin, or use permethrin to treat your clothes.*
- Wear long pants and long-sleeved shirts.
- Wear light-colored clothing.



- **Tie up your hair, 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 the “Parents” section.**



How To Remove a Tick

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

For more information, visit nyc.gov/health/ticks.



To properly remove a tick:*

- Use fine-tipped tweezers.
- Grab the tick close to the skin.
- Use a steady, upward motion to pull out the tick.
- 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 after a tick bite, tell an adult.

*Also, see the “Parents” section.



How Much Do You Know?



1 Ticks are usually found:

- 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 pet because:

- a. Ticks are ugly.
- b. You do not want them to have a free ride.
- c. Your friends will be jealous if you have one and they do not.
- d. Ticks can bite and may transmit diseases that can make you or your pet sick.



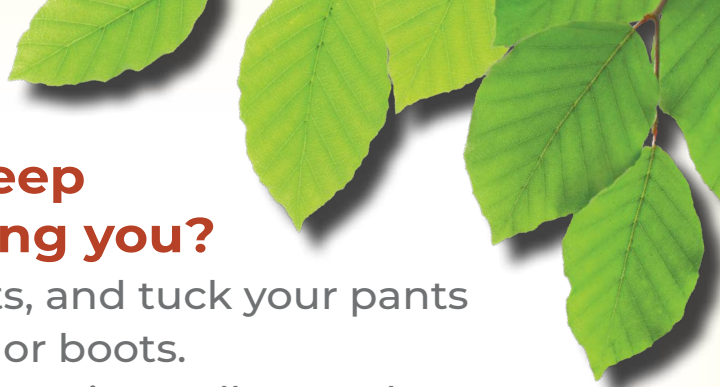
3 How do you keep ticks from biting you?

- a. Wear long pants, and tuck your 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 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

Use this workbook with your child to teach them about tick bite prevention. Keep in mind these important points when discussing prevention with your child.

Ticks may spread 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:

Apply repellents.

- Use insect repellents that are registered by the U.S. Environmental Protection Agency (EPA) for safety and effectiveness. These include active ingredients such as DEET, picaridin, IR3535 or oil of lemon eucalyptus. Do not use oil of lemon eucalyptus on children younger than age 3.
- Always follow product instructions. Apply product to children, but avoid their hands, eyes and mouth.
- Use products containing 0.5% permethrin to treat 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.

Check for ticks, especially after outdoor activities.

- Most people do not 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 the arms, in and around the ears, inside the belly button, behind the knees, between the legs, around the waist and in the hair.
- Bathe or shower within two hours of coming indoors, which can help remove ticks that have not yet attached themselves.
- Remember to check your pets for ticks as well.



Promptly remove any attached ticks.

- See the “How To Remove a Tick” section for guidance.
- Flush the tick down the toilet, or wrap it in tape before putting it in the trash.
- If you want to bring the tick to a health care provider for identification, put it in a sealed bag or container, preferably with rubbing alcohol.
- Consider contacting your health care provider after removing an attached tick, especially if you live in or visited an area where Lyme disease is common. Your provider may prescribe a single dose of doxycycline to prevent infection.

If you or your child develops a rash or fever after a tick bite, contact your health care provider. For help finding a provider, call **311** or 844-NYC-4NYC (844-692-4692).

For more information,
visit **nyc.gov/health/ticks**.

