

# 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.



**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
						
	+	+	+	+	+	+
						
	+	+	+	+	+	+
						
	+	+	+	+	+	+
						

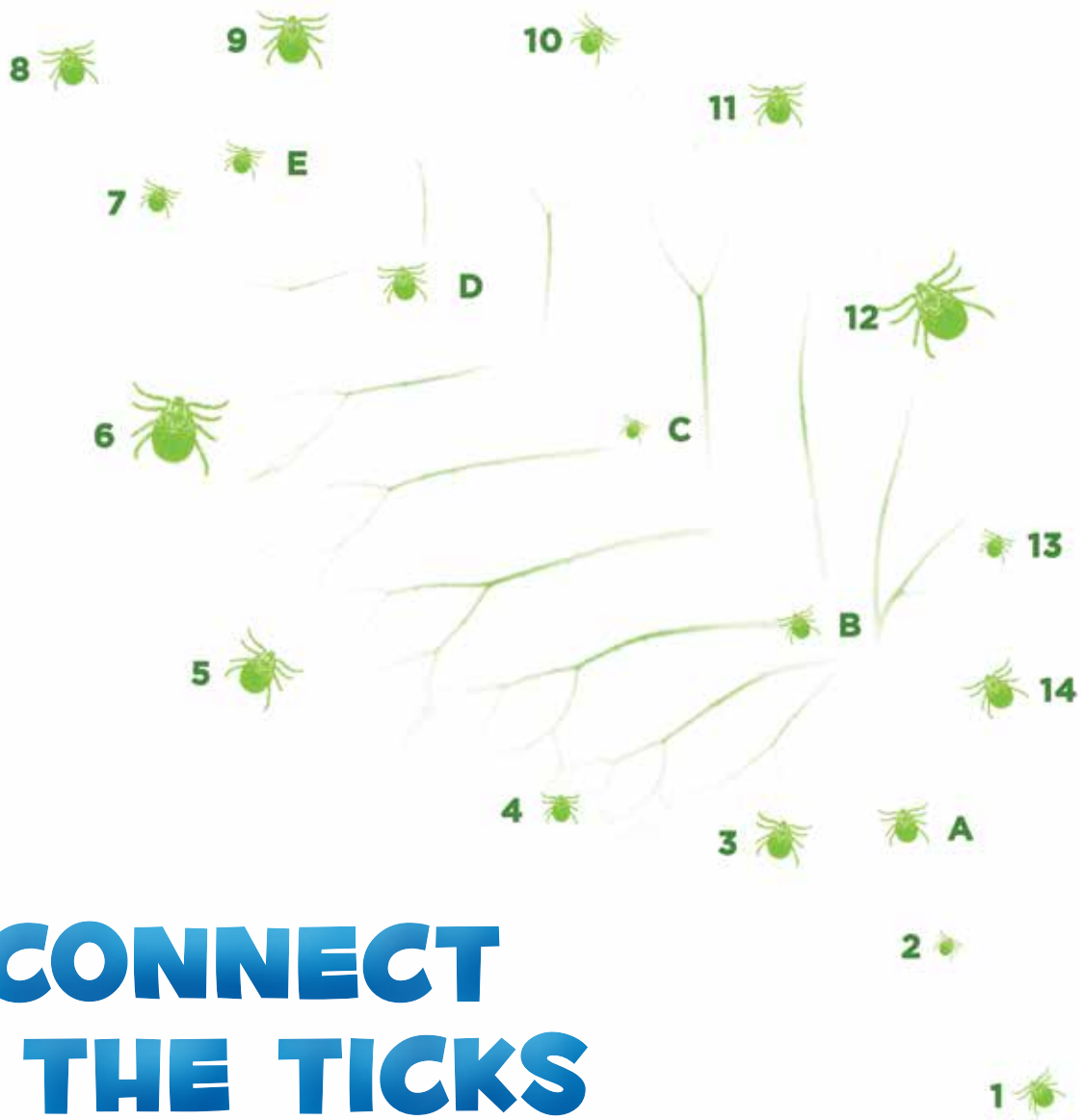
**Ticks are SMALL!!!**

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



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

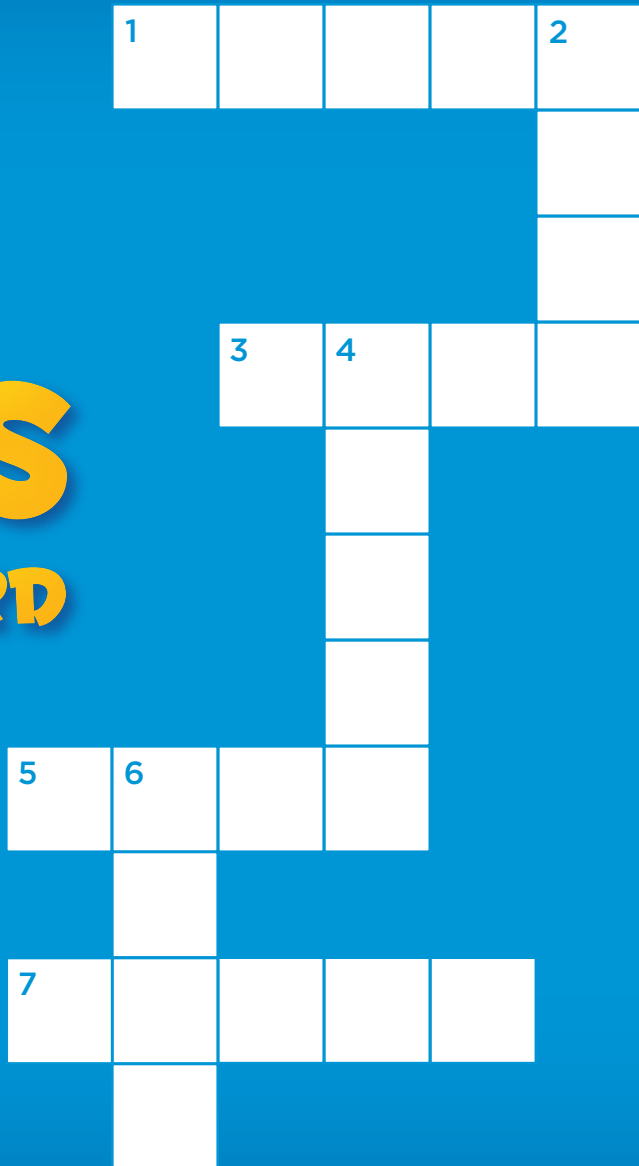




# CONNECT THE TICKS

# TICKS

## CROSSWORD



## Across

1. What ticks eat (just like vampires!)
3. Ticks hatch from\_\_\_\_\_
5. Ticks grab you with their\_\_\_\_\_
7. The color of a tick

## 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

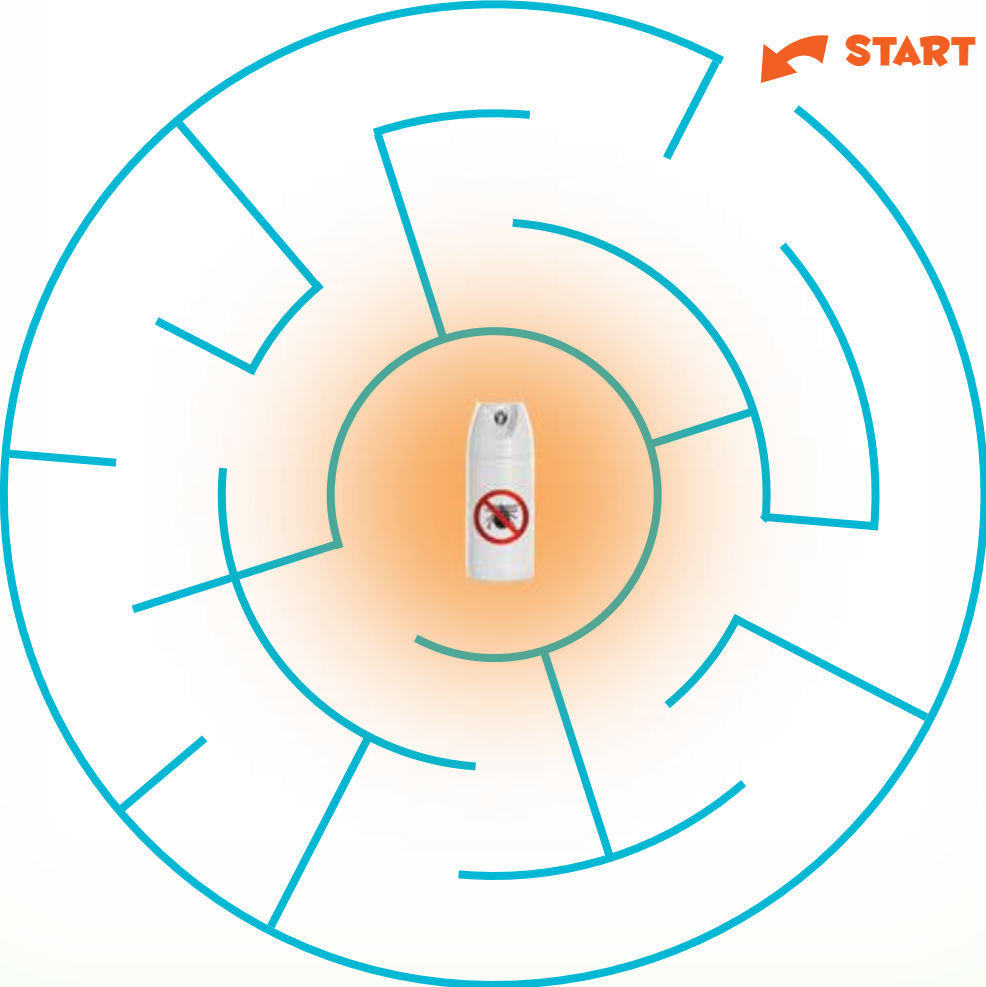
Tick

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/tickfree](http://www.health.ny.gov/tickfree)



## **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



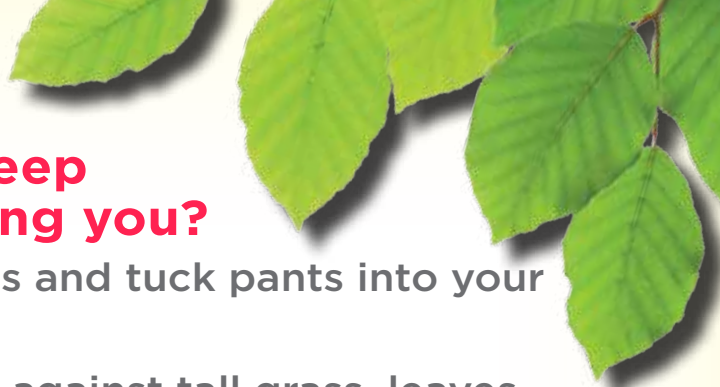
### **3 How do you keep ticks from biting you?**

- 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 [health.ny.gov/tickfree](https://health.ny.gov/tickfree).**

# New York State Ticks

## DEER TICK/BLACK-LEGGED TICK



Very common in NYS  
Can carry Lyme Disease, Babesiosis, Anaplasmosis,  
and Powassan Virus.

## AMERICAN DOG TICK



Very common in NYS  
Can carry Rocky Mountain Spotted Fever

## LONE STAR TICK



Common in parts of NYS, including southeastern NY  
Can carry Ehrlichiosis

## WOODCHUCK TICK



Present in NYS  
Can carry Powassan Virus

larvae

nymph

adult

engorged tick

shown  
actual  
size



An illustration showing a large, dark brown tick embedded in a mound of light-colored skin. A pair of silver tweezers is shown from a side-on perspective, with its tips gripping the tick's head. The background consists of several thin, dark, curved lines representing grass or reeds against a light blue sky. The overall scene is set against a light tan background representing the skin.

# How to Safely Remove a Tick

1. Use a pair of pointed tweezers.
2. Grasp the tick by the head or mouth right where it enters the skin.
3. Pull firmly and steadily upward.
4. Place the tick in a small container of rubbing alcohol to kill it.
5. Clean the bite wound with rubbing alcohol or hydrogen peroxide.
6. Monitor the site of the bite for the next 30 days for the appearance of a rash.
7. If you develop a rash or flu-like symptoms, contact your health care provider immediately.



Department  
of Health

[health.ny.gov/tickfree](http://health.ny.gov/tickfree)

**NYC**<sup>TM</sup>  
**Health**

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