

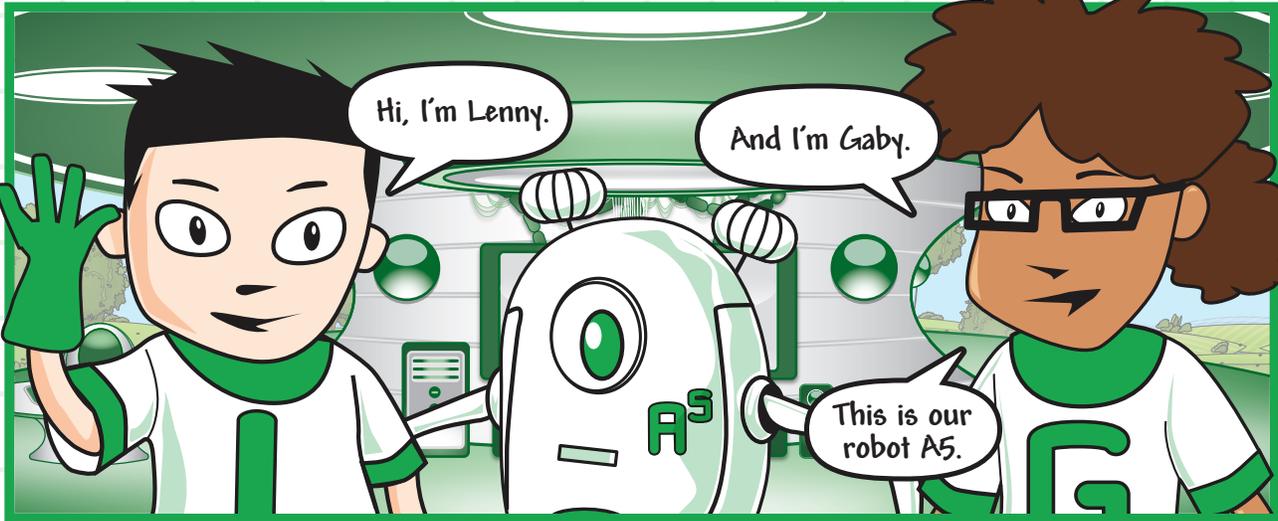


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GLOBAL LYME ALLIANCE
Conquering Tick-borne Disease through Research & Education

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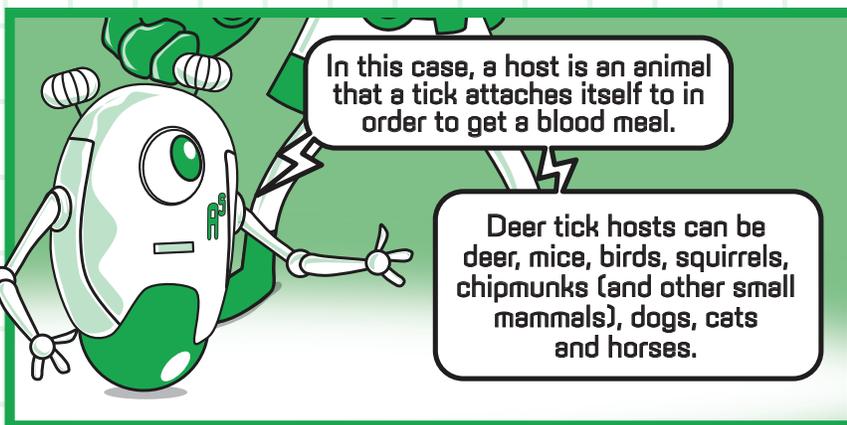
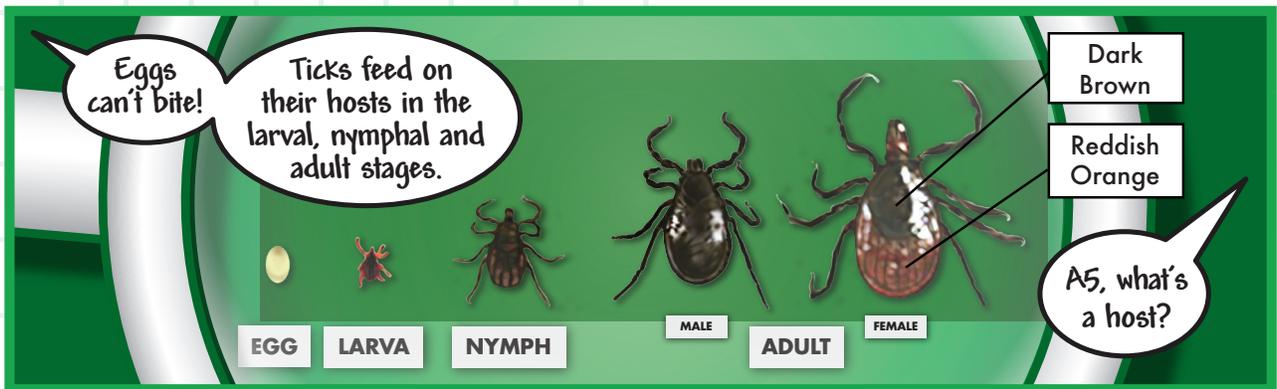
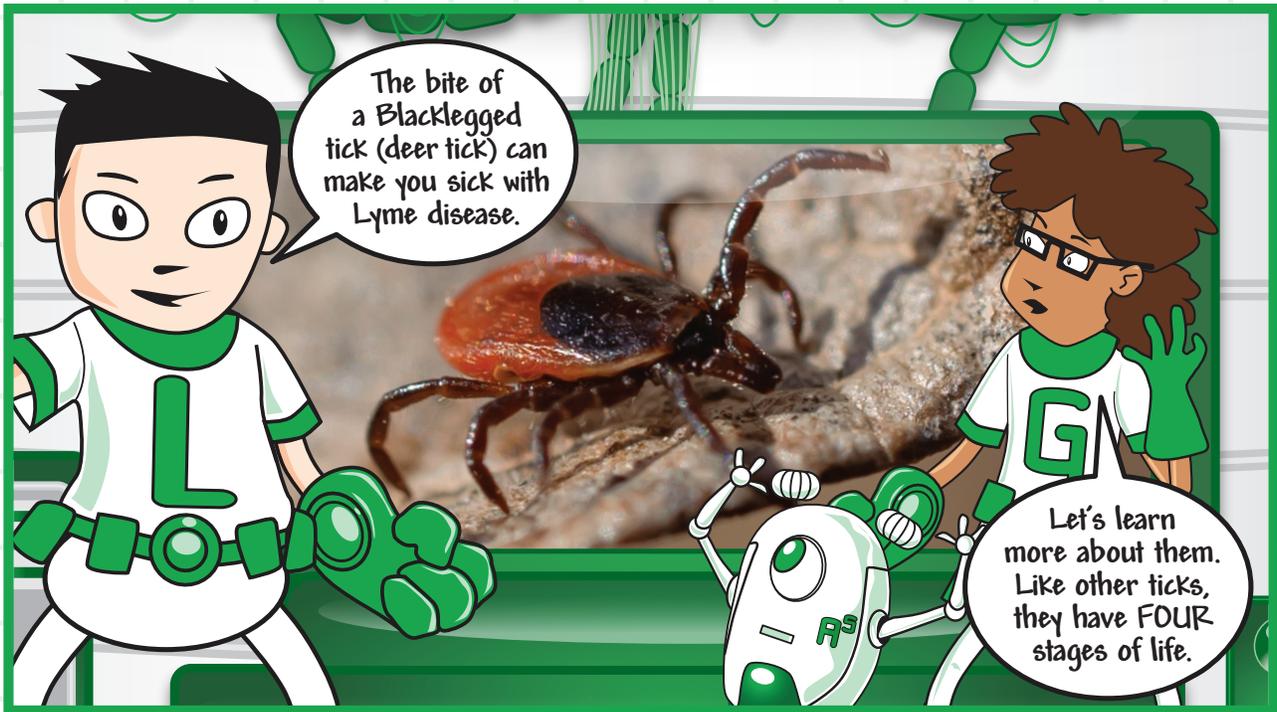
Ticks are pretty fascinating creatures. They have been crawling the earth for **millions of years!** Did you know that a female tick can lay **up to 3,000 eggs** in her lifetime? That's a big family.

There are about **900** species of ticks in the world, and **over 90** of those live in the continental U.S.* Not all ticks carry diseases, but **some can make you very sick if they bite you.**

This guide will teach you how to **avoid ticks**, and **what to do** if you've been **exposed to a dangerous tick.**



*Purdue University program in Vector Biology and Vector-Borne Diseases website. <http://extension.entm.purdue.edu/publichealth/insects/tick.html>. Accessed 7/20/15.

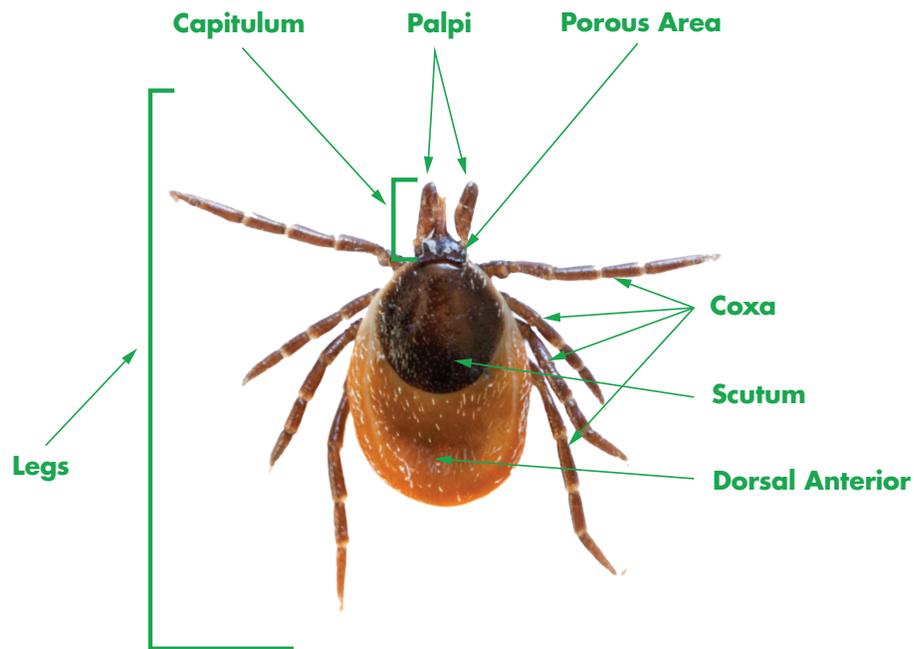


Anatomy of a Tick

The body of a tick consists of a "false head" (the capitulum) and a single oval, flattened body. A larval tick has six legs, while nymphs and adults have eight legs like spiders and mites (insects have six legs).

Study the tick and its parts below - there will be a quiz on the next page!

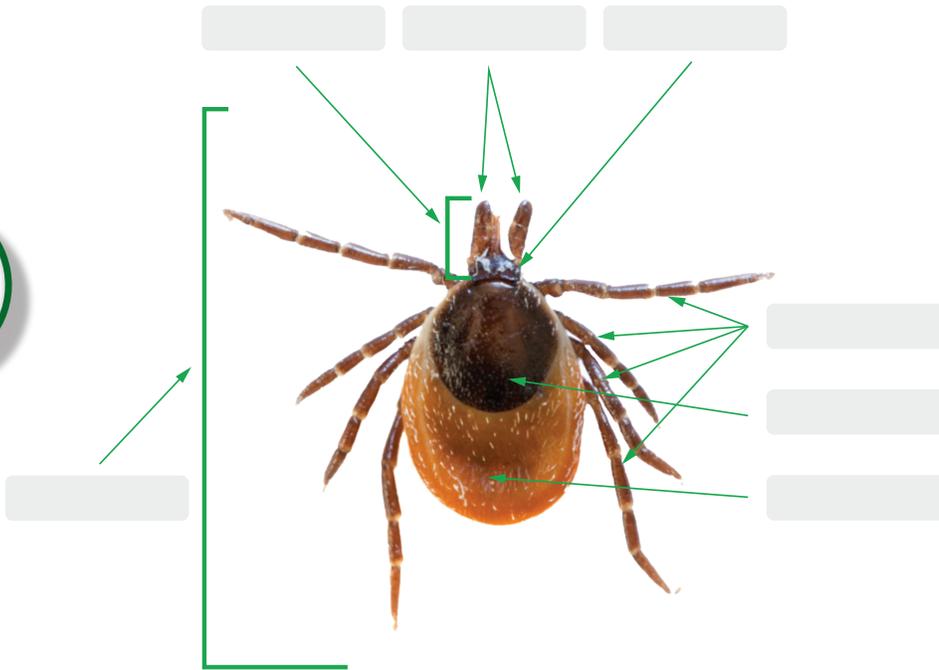
Female Ixodid Tick



Fun Fact: Ticks and insects are arthropods, but ticks are arachnids and not insects.

Anatomy of a Tick

Can you identify each body part of the tick?
Fill in the correct part from the word bank below.



Word Bank

Capitulum

Porous Area

Coxa

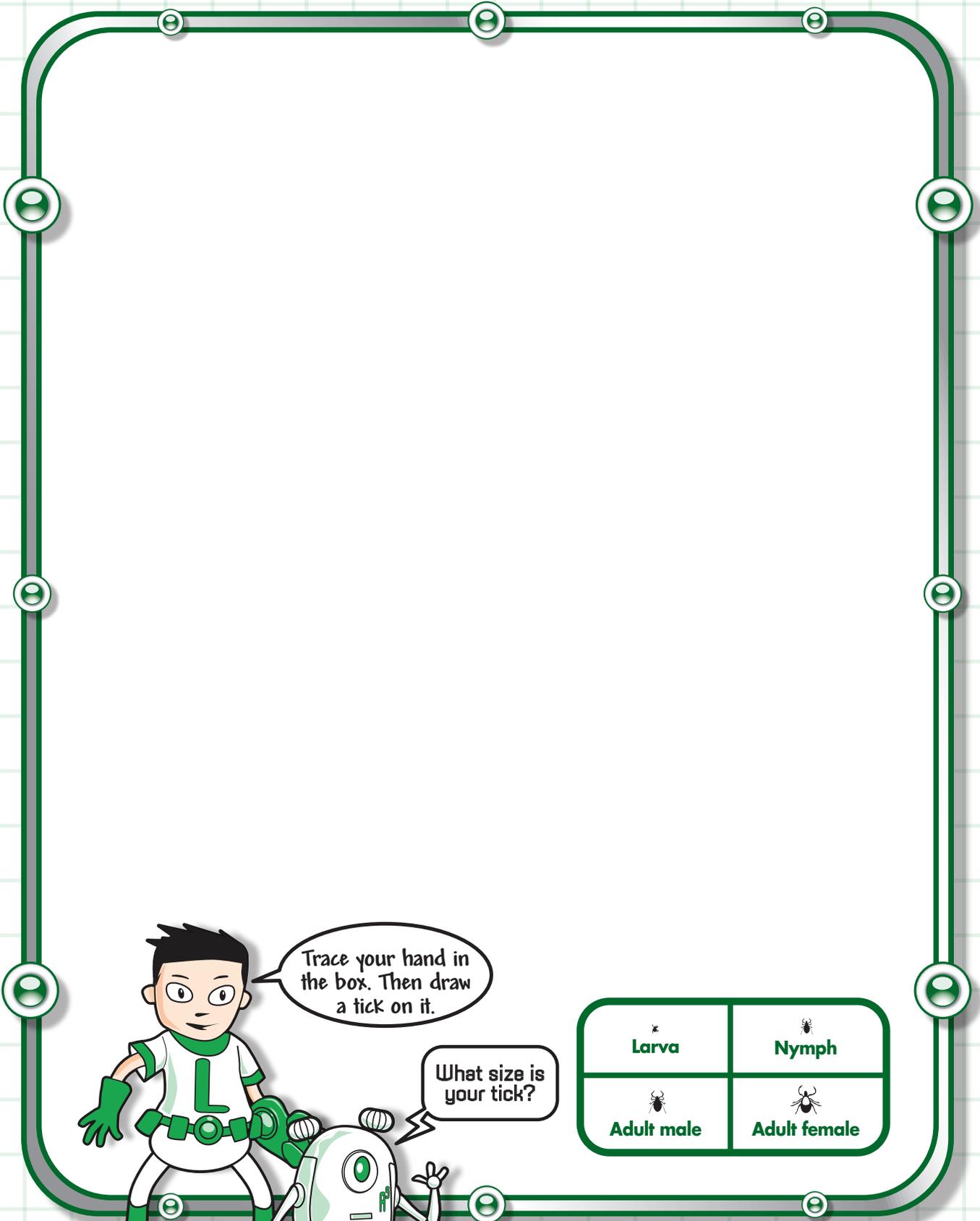
Dorsal Anterior

Palpi

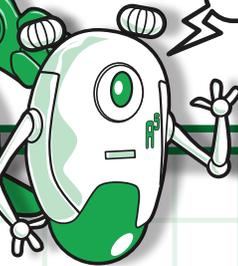
Legs

Scutum

Fun Fact: Ticks and insects are arthropods, but ticks are arachnids and not insects.



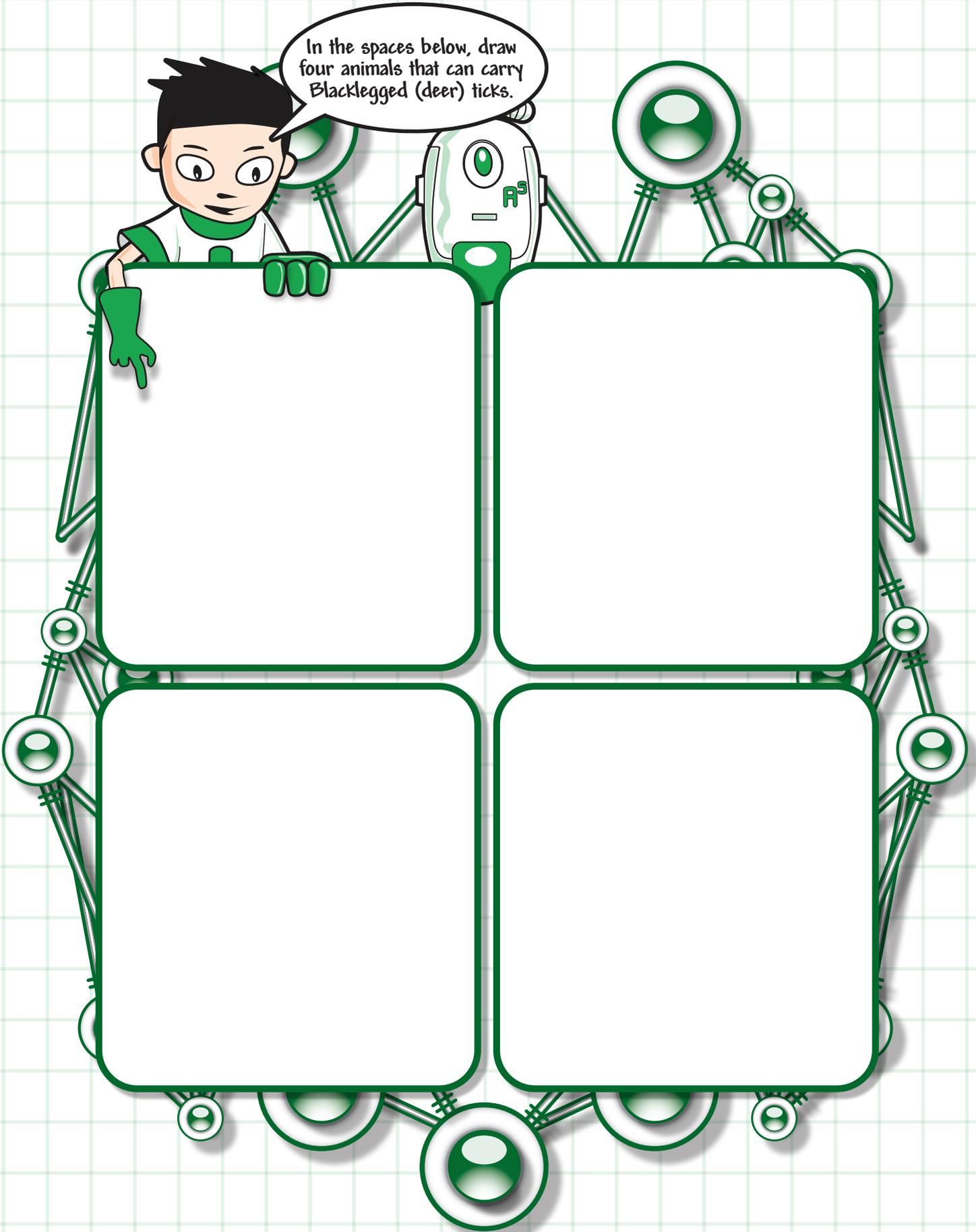
Trace your hand in the box. Then draw a tick on it.



What size is your tick?

 Larva	 Nymph
 Adult male	 Adult female

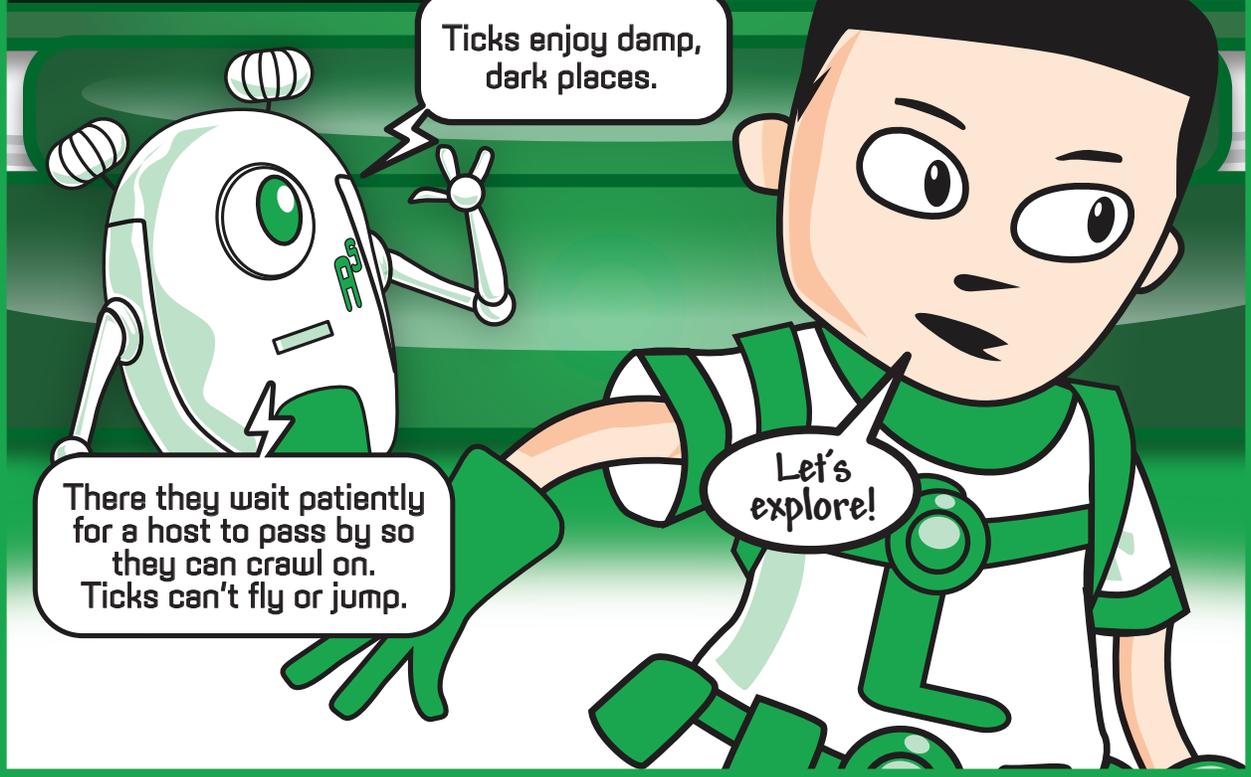
In the spaces below, draw four animals that can carry Blacklegged (deer) ticks.





Ticks live in:
Shaded areas
Moist areas
Weedy areas
Tall grasses
Wood piles
Stone walls
Ground cover
Leaf litter and leaf piles

Ticks don't live in:
Sunny areas
Clear pathways
Short cut grass
in sunlight



Ticks enjoy damp, dark places.

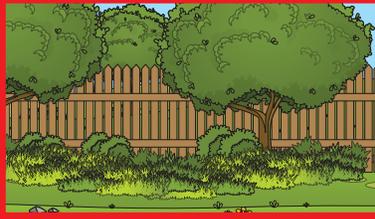
There they wait patiently for a host to pass by so they can crawl on. Ticks can't fly or jump.

Let's explore!

Here are some picture comparisons of where ticks live, and where they don't.

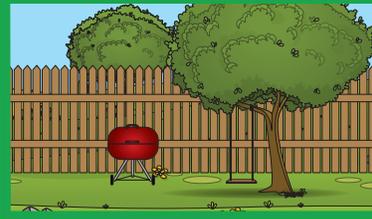
Ticks live in

Long grass, ground cover and dark places to hide

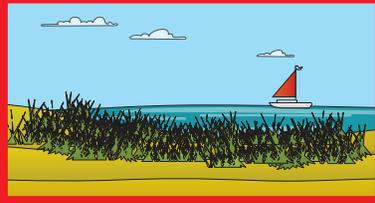


Ticks don't live in

Clean yard with short grass



Beach grass



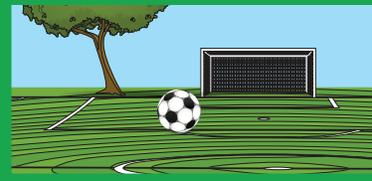
Open shorelines with sandy beaches



Warm, wet grounds covered with bushes and wet leaves

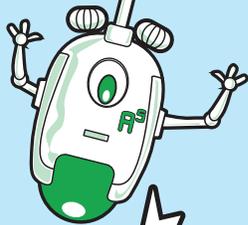


Sports fields with short grass



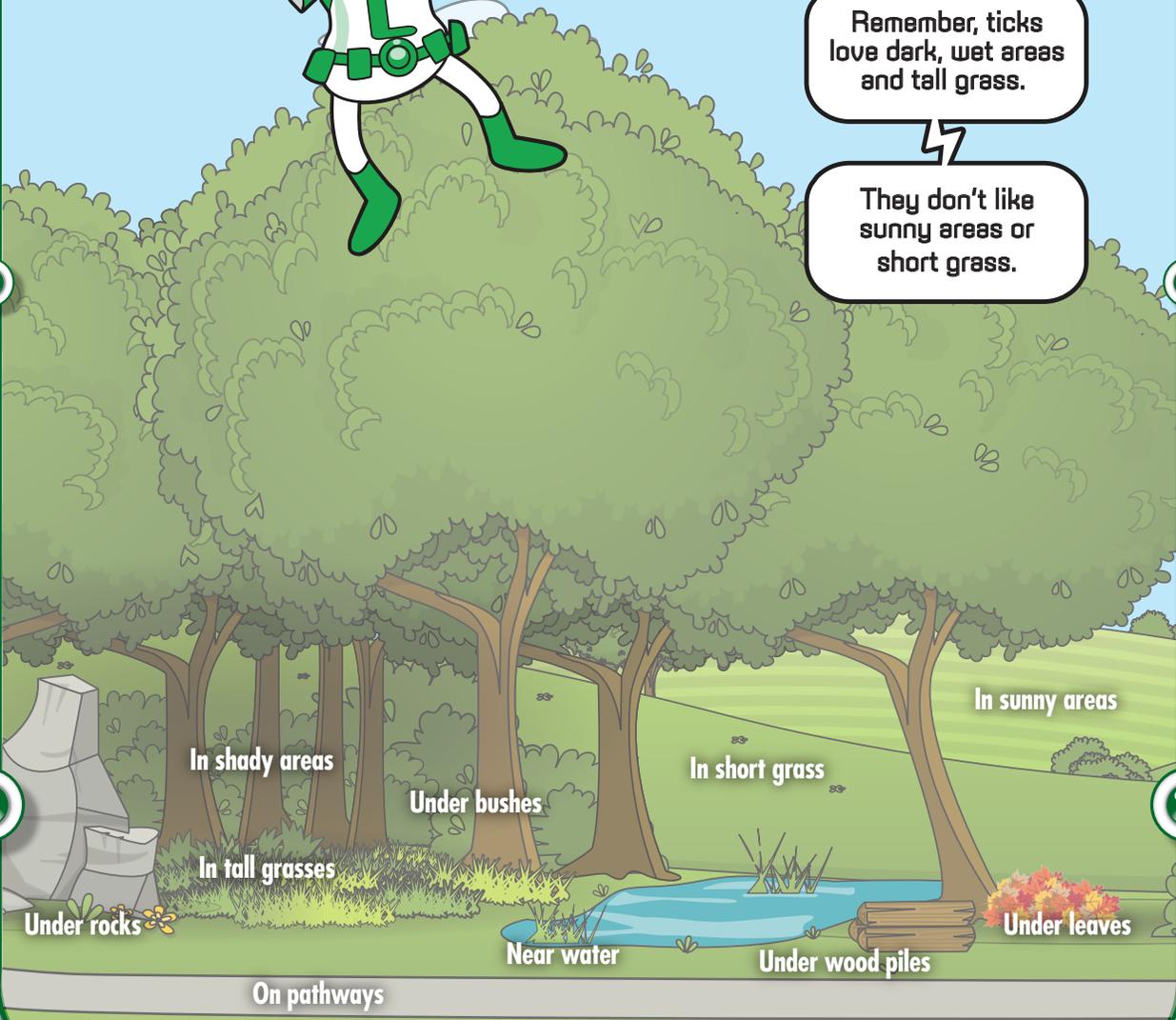


Circle the 7 areas in the picture where ticks like to hang out.



Remember, ticks love dark, wet areas and tall grass.

They don't like sunny areas or short grass.



If you get bitten by a Blacklegged tick that carries Lyme disease, you **might** get a red rash near the bite.

It's very important that you tell your parents or a trusted adult right away if you see any type of rash.

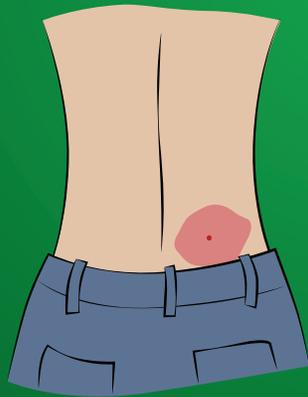
1



2



3



4



Here are some examples of rashes. Notice how the rashes all look slightly different.

1. How do ticks get on people?

- a. They fly
- b. They jump
- c. They crawl onto them

2. What sickness can Blacklegged (deer) ticks give you?

- a. Chicken pox
- b. Measles
- c. Lyme disease

3. Where do ticks live?

- a. On fallen leaves
- b. On plants
- c. On grass
- d. All of the above

4. If you have Lyme disease, you may see a red rash on your skin.

- a. Yes
- b. No

5. What does a tick look like?

- a. A tiny spider
- b. A butterfly
- c. A bee

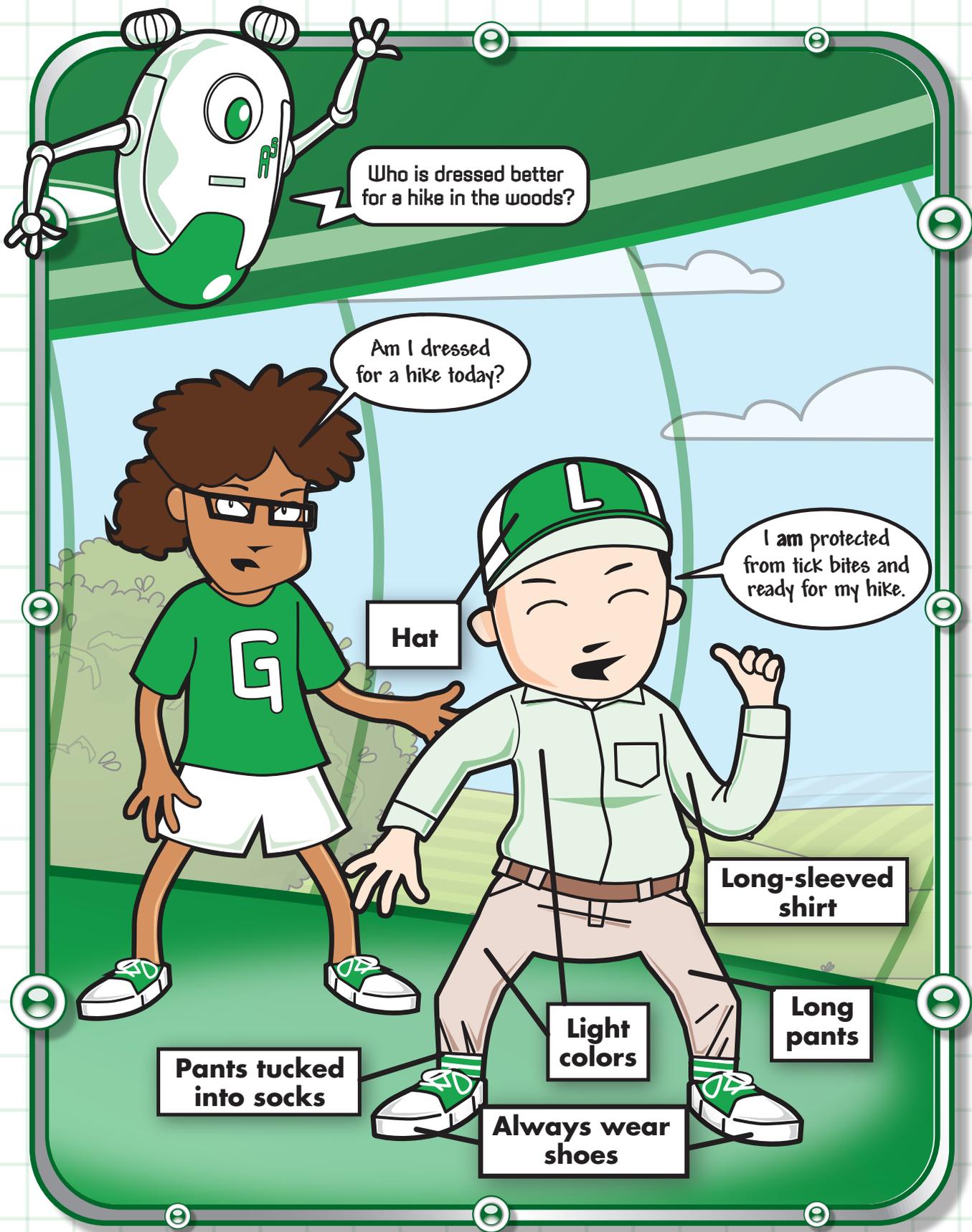
6. What are the 4 stages of a tick's life?



Actual tick size can be as small as a pencil point.



Ready for a fun review of what we've learned?



Who is dressed better for a hike in the woods?

Am I dressed for a hike today?

I am protected from tick bites and ready for my hike.

Hat

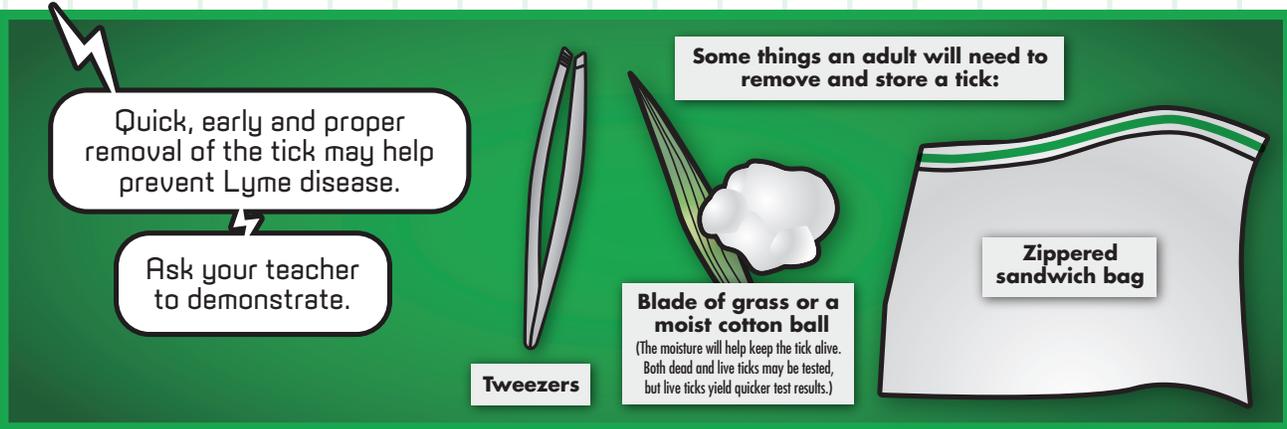
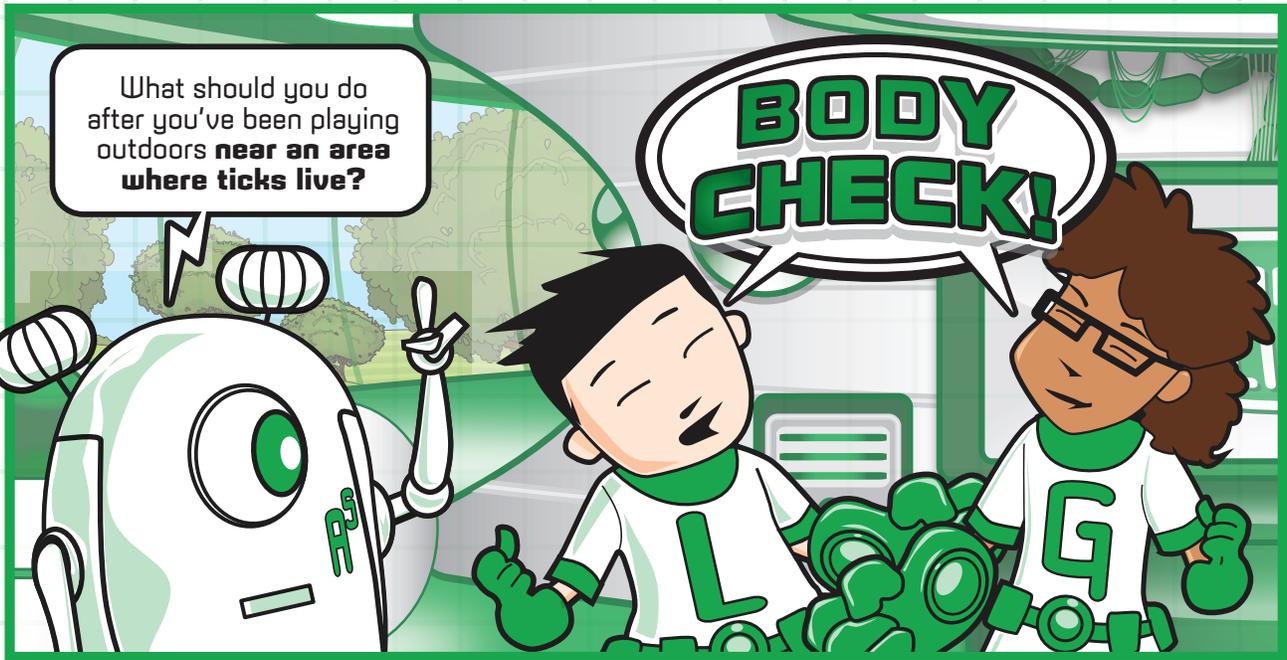
Long-sleeved shirt

Long pants

Light colors

Always wear shoes

Pants tucked into socks



One day I was walking in the park. I saw a rabbit. It looked like a mound of dirt. A _____ deer ran off when I laughed out loud. A _____ bird chirped in a tree. It looked like the color of the sky. A _____ squirrel was busy burying an acorn. It was a fun day.

When I arrived home, my mother and I did a tick _____. We did not find any _____ on me. I'm so glad that my mother helped me remember to pull my _____ up over my long _____. I'll wear long _____ to _____ my arms and to _____ a tick from biting me.

Can you fill the blanks with the correct words from the word bank?

It's more fun than TICK-tac-toe!

My jokes are getting worse.



Word Bank

protect

sleeves

blue

prevent

pants

grey

socks

check

white-tailed

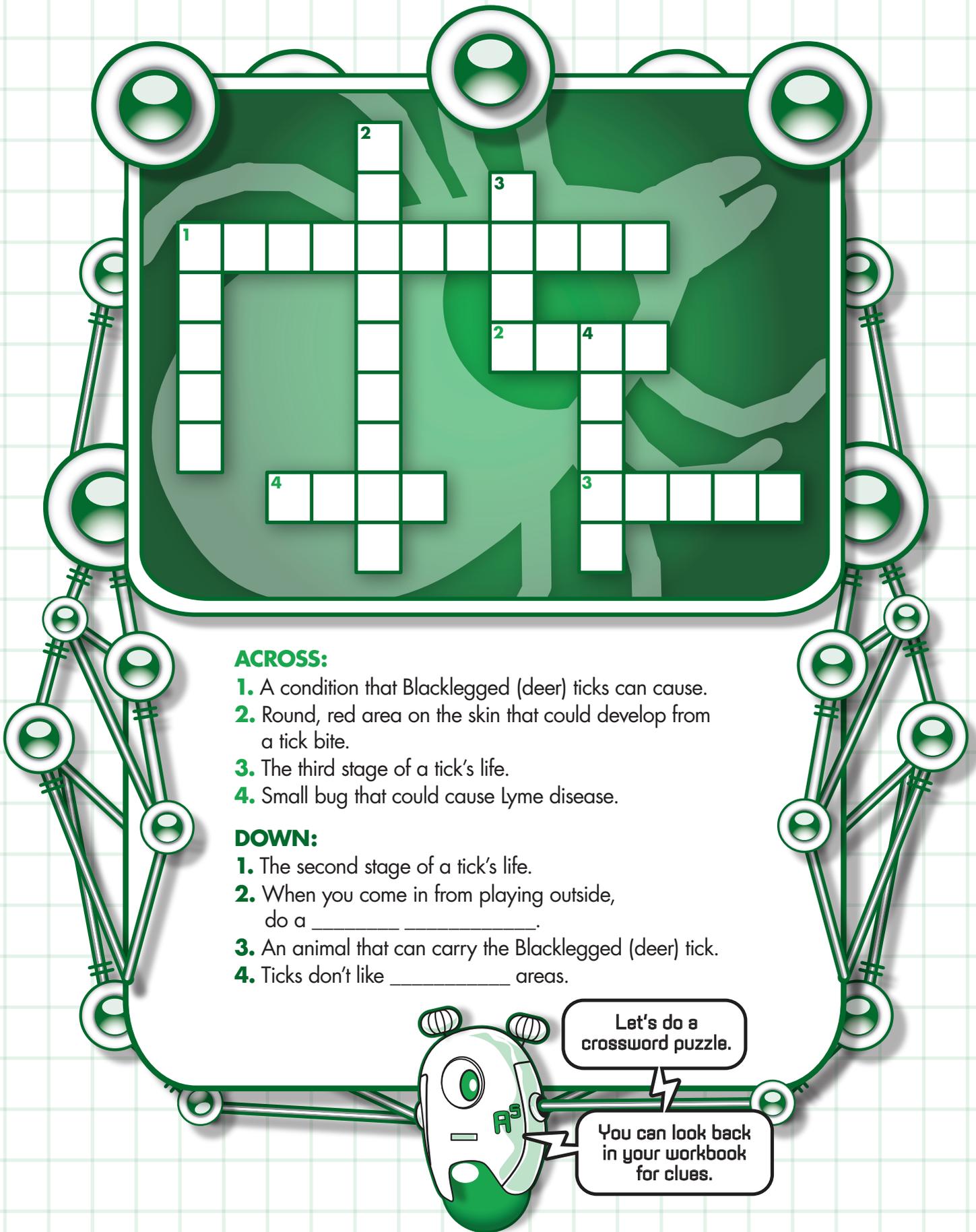
ticks

P Q M R A S H E T
A N U D O G L M A
C I R S T I R E D
H O W P A G U L S
Y N A L S O P N E
K C E N F F I T S
C W P Y K N U R F
H E A D A C H E B

ACHY RASH HEADACHE
STIFF NECK TIRED

Can you find some of the early signs of Lyme disease in the word search?

Tell an adult if you have any of these symptoms.



ACROSS:

- 1. A condition that Blacklegged (deer) ticks can cause.
- 2. Round, red area on the skin that could develop from a tick bite.
- 3. The third stage of a tick's life.
- 4. Small bug that could cause Lyme disease.

DOWN:

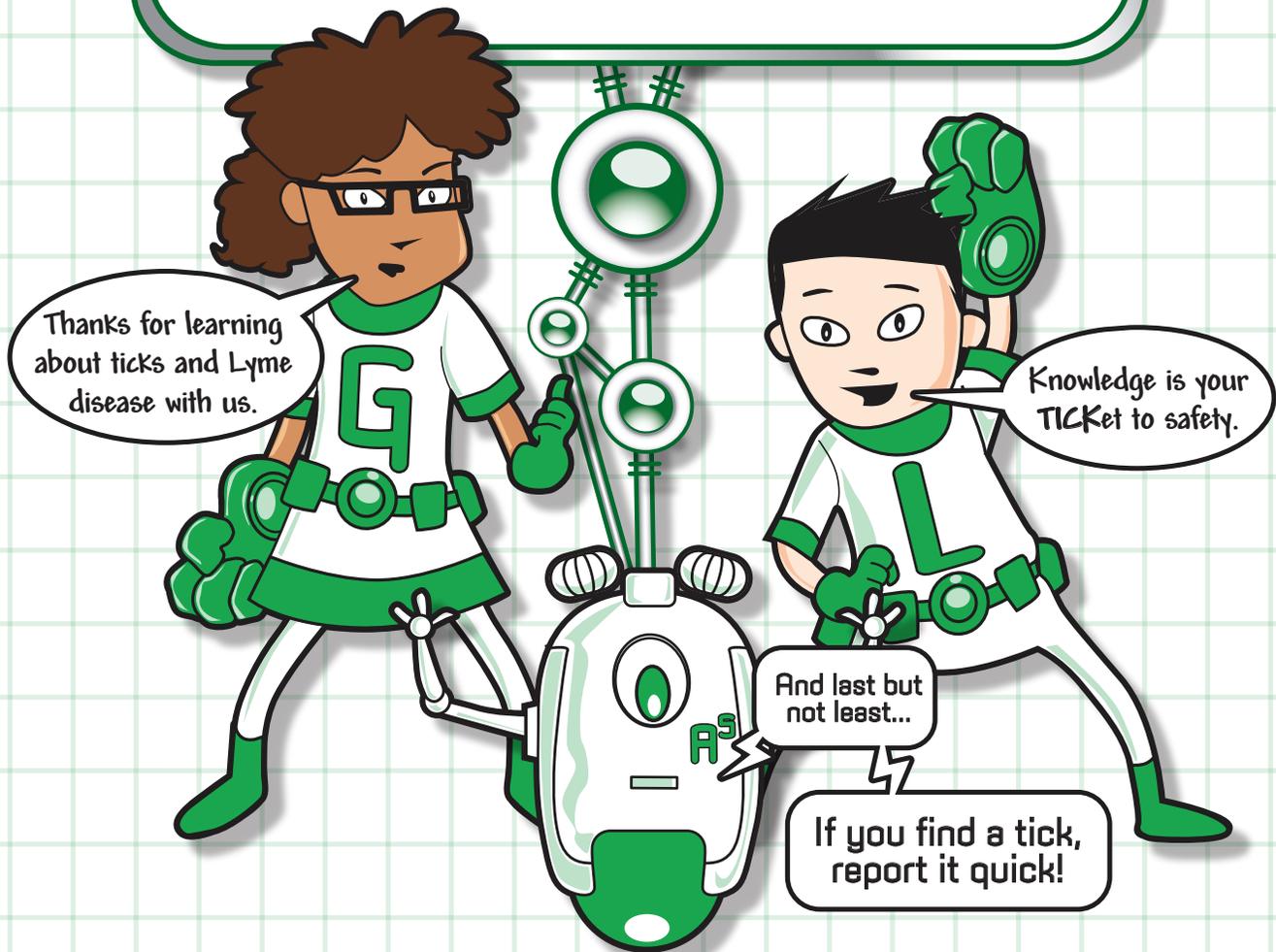
- 1. The second stage of a tick's life.
- 2. When you come in from playing outside, do a _____.
- 3. An animal that can carry the Blacklegged (deer) tick.
- 4. Ticks don't like _____ areas.

Let's do a crossword puzzle.

You can look back in your workbook for clues.

Always remember:

- Play in areas where ticks **don't like to live**.
- **Dress smart** to protect yourself from tick bites.
- **Look for ticks on your body and clothes** when you come inside.
- Have a trusted adult help you **do a full tick check**.



Check out our website for more fun activities!
www.GLA.org