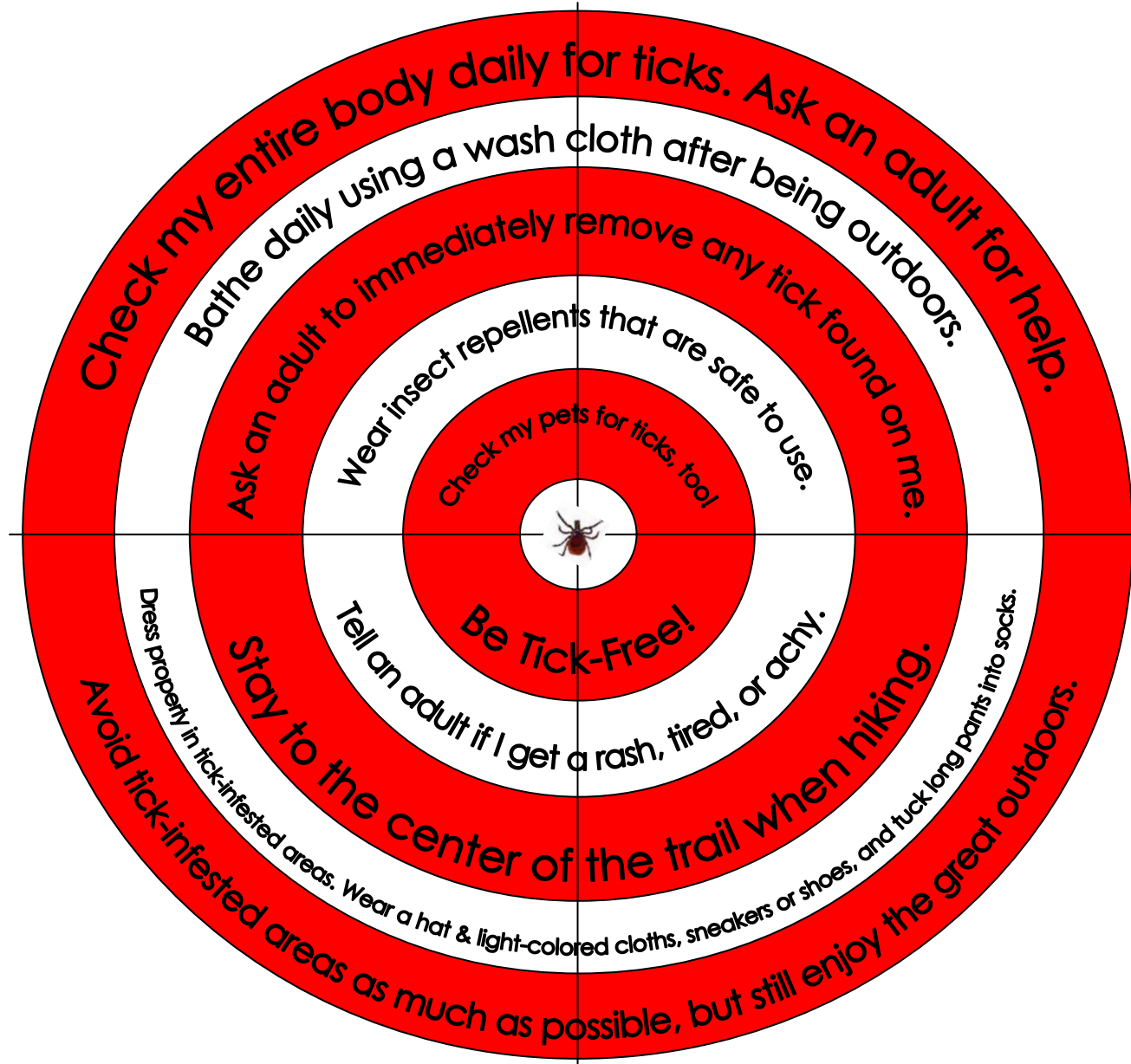




Take the Tick Patrol Pledge!

Raise your right hand (check under your arm for ticks!) & repeat the following:

I hereby pledge to protect myself from the blacklegged tick and the risk of Lyme Disease by promising to do the following:



Set Your Sights on Avoiding the Bite! Prevent Lyme Disease!

The Windham County Lyme Disease Prevention Partnership

Is a collaborative health education effort of:

The Northeast District Department of Health / 860-774-7350 / www.nddh.org

North Central District Health Department / 860-465-3033 / www.ncdhd.org

Eastern Highlands Health District / 860-429-3325 / www.ehhd.org

Grant-funded by the State of Connecticut Department of Public Health

This activity booklet was developed by the Northeast District Department of Health



Don't Get Sick! Avoid the Tick!
Join the Lyme Disease Prevention Campaign!



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Just The Facts

- Lyme Disease is caused by the bite of an infected deer tick
- Your risk of getting bit is highest in the spring and summer
- Ticks are found in natural areas that have grasses, shrubs or leaf litter under trees
- Ticks don't jump, fly, or drop from trees. They cling to you as you brush against them
- It can take up to 2 days for the tick to pass its infection onto you
- The best way to remove a tick is to use fine point tweezers, grasp it at its head or mouth next to the skin and pull it straight out
- The symptoms of Lyme Disease are rash, headache, achy muscles, swollen glands, fever, and stiff neck
- The best way to prevent Lyme Disease is to do daily tick checks of your entire body!

WANTED

For Spreading Lyme Disease and other nasty tick-borne illnesses!

Ixodes scapularis
AKA
Blacklegged Tick or
"Deer Tick"



Use Caution! Suspect is (eight)-armed and considered dangerous!

(Okay, actually, suspect has eight legs, not arms!)

Tommy & Tara are going outside to play. What should they wear that will help to keep ticks off their skin? Circle all the correct answers!
























Put your Detectick skills to work! Fill in the letters to find what's hiding in the list of clues!

Female ticks are dark ___rown and red
 Has eight black ___egs
 Is an ___rthropod
 ___auses Lyme Disease
 Likes ___nees, armpits, waist, and groins
 First found in ___yme, Connecticut
 Becomes ___ngorged with blood
 Hides in ___rass and leaf litter
 ___rows to be the size of a sesame seed
 Children are at risk for ___xposure
 Also known as ___eer Tick




___iny, but mighty!
 ___nfected with *Borrelia burgdorferi*
 ___lings to skin
 ___eep away from them!

Answer: _____

Something this tiny can make you whiney!

Nymph	Larvae	Male	Female unfed	Female Fed (engorged)
•	•	•	•	•



Tick Check Time!

- Check yourself and your pets a lot when you are in areas where ticks live (hiking in the woods, playing in areas that are next to woods, or where deer are frequently seen.)
- Do a full body check every day. Be sure to check hairline, armpits, back of knees, groin, and waist.
- Take a shower or bath every day and use a washcloth to help scrub any loose ticks off of you!



Help the hikers find their way back to the lodge without getting bit!