

Tick Talk



Lessons on how to prevent Lyme disease for
elementary school children

Brigham and Women's Hospital © 2008

Lyme Disease Prevention Education Program

Funded through a grant from the Centers for Disease Control and Prevention



- You can get very sick from Lyme disease.
- You will not die from Lyme disease.
- It can be treated with medicine from your doctor.

- Ticks attach themselves to people when they walk through a grassy or wooded area.
- A tick will then crawl to a feeding spot.
- It is important to stay on the path.



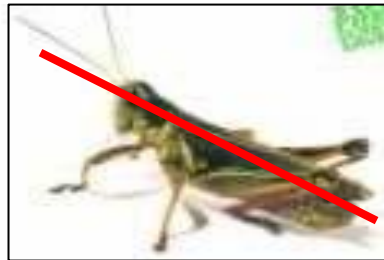
- Ticks are found in grass, shrubs, leaf litter and in the woods.



Ticks do not fly..



or jump.



- Lyme Disease is caused by a germ that is carried by ticks



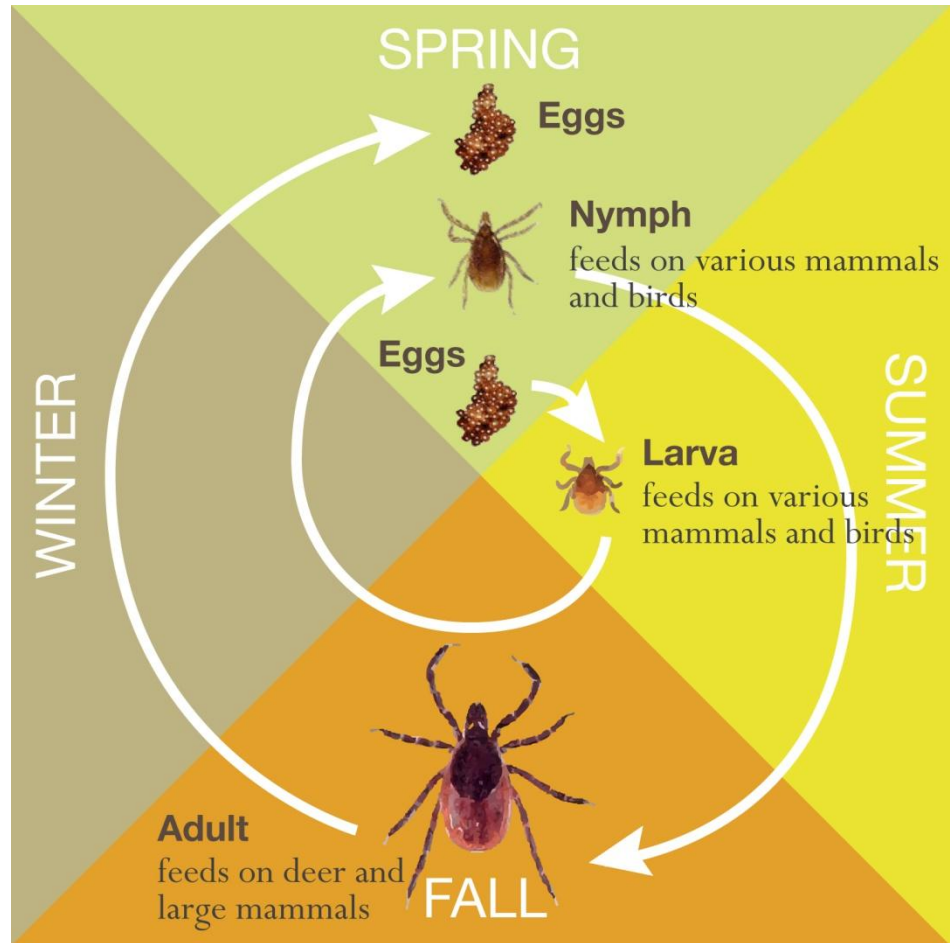
- The adult female deer tick has a reddish brown body.



- The adult male deer tick has a dark brown body and is smaller than the female deer tick.



Tick Life Cycle



Although you are more likely to get Lyme Disease in the warm months; you can get Lyme Disease any time of the year.

Spring



Summer



Fall



Winter



A tick needs to be on you for at least **one day** to get Lyme Disease.



Symptoms of Lyme Disease include:

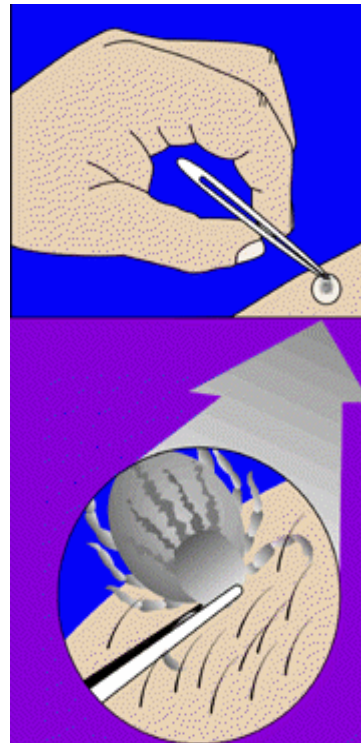
- a “bull’s eye” or donut shaped rash
- swollen joints
- trouble blinking your eyes or smiling



You should check for ticks on your body everyday.
Ask a grown-up to help you.



A tick should be removed with a pair of fine point tweezers or with a scoop.

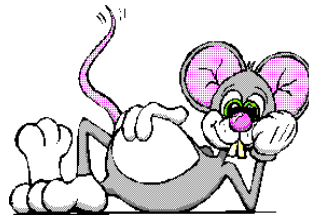


- Wear long-sleeved, light colored shirts and long pants tucked into socks when hiking or walking in grassy areas.



- This helps to keep ticks off you and makes it easier to spot them.

Many mice have the bacteria that cause Lyme disease.



Ticks usually feed on mice, raccoons, birds, and deer.



Your parents and you can make your yard safer to keep ticks away:

- keep grass cut short
- remove leaf litter and brush



- Your pet can get Lyme Disease too.
 - Check your pet for ticks after it has been outside.
 - Pets can wear tick collars to stop a tick from feeding on them. Talk to your vet about other products and treatments to protect your pet.



To prevent Lyme disease:

- Check for ticks daily



To prevent Lyme disease:

- Avoid tick areas



To prevent Lyme disease:

- Cover up



To prevent Lyme disease:

- Make your yard safer



Lyme disease prevention begins with you!

