

## Check your tick facts: a quiz

1. Ticks are found naturally:

- a) on the Golden Gate Bridge.
- b) on grasses alongside trails.
- c) in the sandbox.
- d) on dirt.

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 give you germs 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 forest 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) 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.

5. Circle the picture of a tick.

a.



b.



c.



d.



Answers:

1. b 2. d 3. d 4. c 5. b

(a. is a roach; c. is a mosquito; d is a flea)

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# Don't Let the Ticks Bite



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**Ticks** are found in the forest or in wild grassy areas, especially alongside trails.



*Timothy Tickfinder and his dog Bullseye*

Ticks wait at the end of a piece of grass or on logs until an animal or person brushes against them.

After ticks get on an animal or a person they look for a good hiding place and so it is hard to see them. Ticks bite and suck blood.

**Some ticks give germs to people and pets that can make them sick.**

## Protect yourself from ticks!

When you hike, camp or play where ticks are found:

1. Wear bug spray.
2. Wear light-colored clothes because it is easier to see ticks on them.
3. Wear long pants and a long-sleeved shirt.
4. Tuck your pants into your socks or boots and tuck in your shirt.
5. Stay on trails.

**Ticks are small.**



Actual Size of Ticks

## Check for ticks!

After you go for a hike, or every day if



there are ticks where you play:

- Check everyone in your family for ticks.
- Look hard to find them because ticks are very tiny.
- Ask an adult or another person to help you do a tick check.
- Check your pets very carefully.



*Timothy looks behind Bullseye's ear for ticks*

**If you find a tick stuck to your body:**

**Remove it quickly and properly. A grown-up can help you get the tick out of your skin with tweezers.**

## How to remove a tick:

1. Grab the tick close to your skin with the tweezers or a tissue and pull straight out.



2. Wash where the tick bit you.

3. Wash your hands.

4. If you get sick after a tick bite you should go to the doctor.