

Don't Let a Tick Make You Sick!



What is a tick?

Ticks are related to spiders. They have 8 legs. But they don't spin webs, eat insects, fly or jump. All ticks are small, but blacklegged ticks (sometimes called deer ticks) are **very** small.

Types of ticks

In Ontario, there are two main types of ticks. These pictures have been made bigger to help you see their colours. In reality ticks are very small!

Adult Deer Ticks: These are blacklegged ticks (also known as deer ticks). They can carry the bacteria that causes Lyme disease. The bacteria is normally carried by mice, squirrels, birds and other small animals.



Adult American Dog Ticks: These are American dog ticks. They are not known to spread Lyme disease.



One of the easiest ways to tell the difference between a deer tick and a dog tick is to look at the markings in its back. Adult deer ticks do not have any white markings on their back and adult dog ticks do.

This is the actual size of blacklegged ticks during their different life stages:



Adult ticks become bigger as they feed and can grow from the size of a sesame seed to as large as a grape.

Where do ticks live?

Ticks live in places where there is a lot of tall grass, shrubs, and leaves.

Ticks wait for an animal (like a deer, a mouse, or a dog) or a person to walk by. Then they grab on to the animal or human.

How do ticks bite us?

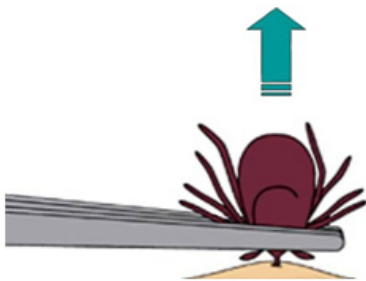
After climbing on a person or animal, ticks find a good place to attach themselves. They might hide in your hair, or behind the knee, even in your underwear!

Then, the ticks bite into a person or animal's skin and start drinking their blood. Tick bites don't usually hurt, so you may not even notice it.

The tick can stay attached for a few days. When it is full, it will fall off.

What if I find a tick on me?

If you find a tick on your body, tell your parents or a teacher. They can use tweezers to pull it off. Then they should wash the bite with soap and water or disinfectant. Go to the doctor if you believe the tick has fed on you for more than 36 hours.



As an adult should use narrow tweezers to pull the tick straight up and out.

How can I keep ticks away?

You can wear insect repellent and stay out of tall weeds. Stay in the middle of trails and avoid brushing up against plants to prevent ticks from attaching to your skin. If you are in a place where ticks live, take a bath or shower after you come inside. Let your parents check you for ticks afterwards.

Also, tell your parents that there are things they can do to keep ticks out of your yard.

How can I stay healthy?

If a tick bites you and soon after you get a fever, a skin rash, or feel really, really tired, tell your parents. The tick may have given you some germs. See your doctor to find out if you need medicine.

Test Your Knowledge!

ACROSS

1. If a tick makes you sick, you may get one of these on your skin.

3. Ticks eat _____.

7. Never pull off a tick with your _____.

9. If a tick makes you sick, you may feel hot because of a _____.

11. Ticks can be so small, you might think they look like _____.

12. A place where ticks wait for people or animals.

13. After removing a tick, wash the bite with _____ and water.

DOWN

2. Take a bath or _____ to help remove ticks.

4. The number of legs a tick has.

5. Tool for removing ticks.

6. When you come indoors, always _____ for ticks.

8. Ticks are related to these web spinners.

