



Don't Let a Tick Make You Sick

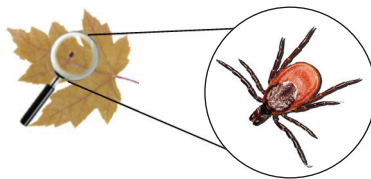
Fight the Bite

What is a tick?

Ticks are small bugs that are related to spiders. Like spiders, they have 8 legs, but they don't spin webs like spiders do. There are many kinds of ticks that can make you sick, but the most common tick in Illinois that can make you sick is the blacklegged tick (also called a deer tick). Blacklegged ticks are so tiny they can be mistaken for a freckle or a speck of dirt on your skin. The picture above is a hamburger bun with ticks that are the size of a sesame seed.



This picture is a blacklegged tick on a leaf that has been magnified so you can see what it actually looks like.



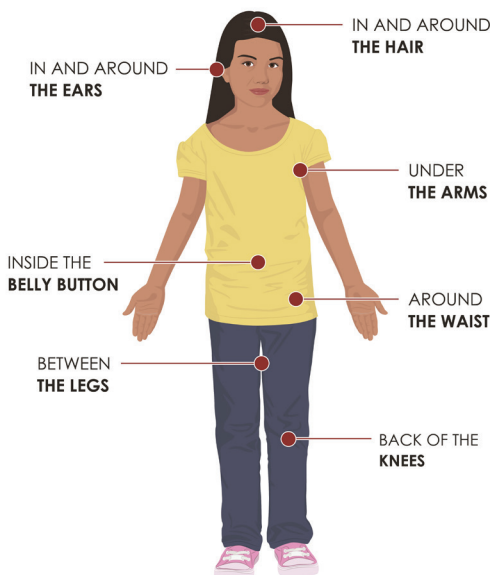
Where do ticks live?

Ticks live close to the ground where there is tall grass, shrubs, and leaves. They wait on tips of tall grass and shrubs and grab on to an animal or human when they walk by. You may come in close contact with ticks when doing outdoor activities in areas ticks live, such as camping, hiking, fishing, mushroom hunting, or walking your dog.

What do ticks eat?

Unlike spiders that get their food from eating bugs, ticks get their food from drinking blood from the animals and humans they bite. Tick bites don't usually hurt, so most people don't notice when they have been bitten.

Where to Check for Ticks

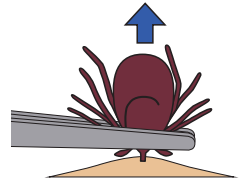


Can a tick bite make me sick?

Tick bites can make people sick, but there are some things you can do to decrease your chances of getting sick after a tick bite.

What do I do if I see a tick on me?

Tell your parents or another adult right away. They can use tweezers to pull the tick off. Once the tick is removed, be sure to wash the area of the bite with soap and water or disinfectant.



What if I get sick after a tick bite?

If you get a fever, skin rash, headache, sore muscles or feel really tired up to 30 days after a tick bite or being in an area where ticks live, tell your parents. They should call your doctor to see if you need to be tested for a tick illness and if you need medicine.

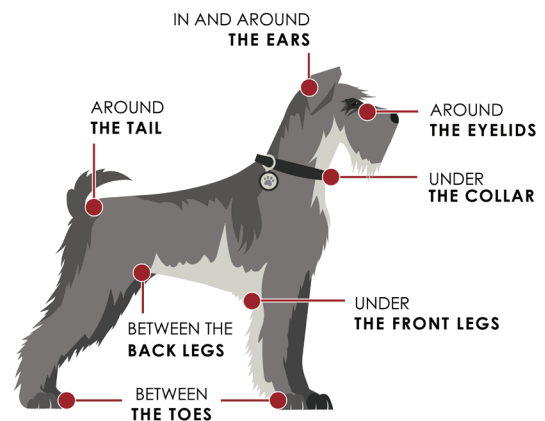
How can I keep ticks away from me?

When you go outside, wear insect repellent that has DEET and stay out of wooded areas and places with tall grass and weeds where ticks live.

If you go where ticks live, wear long sleeves and long pants and tuck your pants in your socks and walk in the center of trails. When you come back inside, take a bath or shower and let your parents check you for ticks.

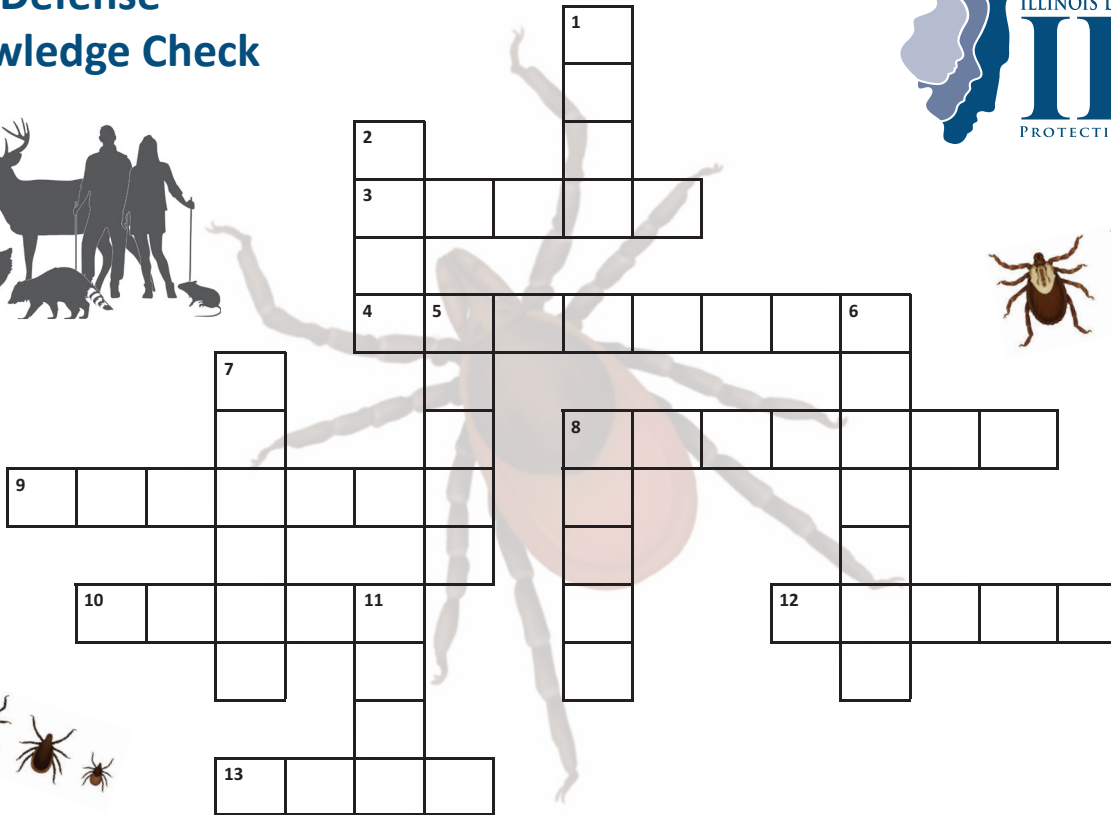
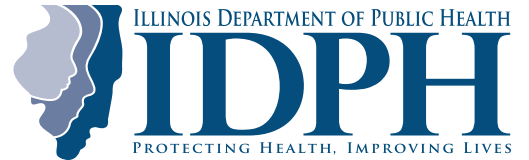
Your pets can also get ticks, so always check them when they come in from outside.

Where to Check Your Pet for Ticks





Tick Defense Knowledge Check



Cross Word Puzzle Answers
 Down: 1. Rash; 2. Deet; 3. Eights; 4. Tweezers; 5. Spiders; 6. Water; 7. Doctor; 8. Check; 9. Freckle; 10. Blood; 11. Deer
 Across: 3. Eight; 4. Camping; 5. Freckle; 6. Blood; 7. Doctor; 8. Check; 9. Freckle; 10. Blood; 11. Deer

ACROSS

3. How many legs does a tick have?
4. An adult should always use this tool to remove a tick.
8. An outdoor activity that can bring you in close contact with ticks.
9. Ticks are so small they can be mistaken for this.
10. Ticks eat this.
12. Ticks wait on this for animals and people to walk by.
13. Places to check your body for ticks are in and around the hair and _____, under the arms, inside the belly button, around the waist, between the legs, and the back of the knees.

DOWN

1. If you get sick after a tick bite, this may appear on your skin.
2. Before going into areas where ticks live, wear insect repellent that contains this.
5. After removing a tick, wash the bite area with soap and _____.
6. Ticks are related to these creepy crawlers that spin webs.
7. If you get sick after a tick bite, tell your parents so they can call your _____.
8. When you come inside from an area where ticks live, be sure to _____ yourself for ticks.
11. The most common tick that can make you sick in Illinois is a blacklegged tick, which is also called a _____ tick.