

#wakeuptolyme



**Wake Up
to Lyme**

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TICKS

How to Protect Yourself



When you are playing outside, I bet you see lots of creepy crawlies!

HOW MANY OF THESE CAN YOU NAME?



Playing outside is great fun and good for you, helping you to grow strong and healthy,

but remember to look out for TICKS!

They like to hide and live in warm places like:

-long grass

-woods and trees

-leaves

-walls

-wood piles



What are ticks?

Ticks are small, spider-like beasts that feed on the blood of animals, including people!

So a tick might like to give you a bite!

But you don't need to be scared of ticks. It is just important that you look out for them and remove them safely if you find them.





Ticks don't fly or jump, but find a good place to wait, like a tall blade of grass and keep their legs outstretched ready to attach to any mammal that might brush past them.

This is called 'questing'.



How Can I Find Them?

Ticks like to hide:

- Behind the ears
- On your head and neck
- Under your arms
- Behind your knees
- Between your toes
- Under your waistband





Ask your parent, a teacher or grown up to check you for ticks and if they find one to remove it correctly as soon as possible.



What if I get bitten?

Not all - but some ticks have an infection inside them which can give you Lyme disease.



If you are bitten by an infected tick, this might make you feel poorly.

Ticks are part of the arachnid family and are related to spiders and scorpions, but nowhere near as big!



Help! I've found a tick!

Don't be scared.

Not all ticks carry infection.

If a tick is attached to you, it is very important that it is removed properly and quickly so that there is less chance of passing those nasty bacteria on to you. Tell an adult immediately so that they can remove the tick for you.

It is important to get the tick off you as soon as you can:

- Don't use your fingers to remove a tick.
- Think of a tick as a bit like a squeezey bottle of ketchup. If you squeeze it, what's inside comes out.
- If a tick has diseases in its tummy you don't want to squeeze them into your body.
- Use pointy tweezers and hold the tick as close to the skin as possible and pull up and out.
- Or you can use a tick removal tool.
- Then wash the area with soap and water.





A Beastly Bite!

Tick bites do not hurt - so you won't always know you've been bitten.

They might leave a red mark or a rash, but not always and sometimes they will make you feel unwell.

If you see a rash like these ones show an adult right away and ask them to take you to the doctor.





Things you could do to prevent a tick bite:

- Wear long trousers and a long sleeve tee shirt to stop ticks getting onto your skin.
- Wear light coloured clothing so you can spot ticks easily and brush them off.
- Brush yourself off before going indoors.
- Ask your parents to regularly check you and your pets for ticks.





Be Tick Aware!

