

# Ticked OFF!

**T**icks are pests that live off blood. They find the blood in people and animals. While feasting on their host, ticks can pass along sicknesses like Lyme Disease.

Ticks wait for their food to come to them. Ticks can sense body heat and carbon dioxide—a gas people and animals breathe out—to find prey. When blood sources like humans brush against them, ticks hop on.

## Uck, a Tick!

Ticks can be found all over the United States. People living in the shaded states of the country have a higher risk of being bitten by ticks carrying the bacteria that causes Lyme Disease. **Mark an "X" on the state that YOU live in.**



Source: Centers for Disease Control and Prevention (<http://www.cdc.gov/health/>). Cited by the American Lyme Disease Foundation, Inc. ([www.aldf.com/](http://www.aldf.com/)).

**For more about Lyme Disease, see:**  
<http://www.cdc.gov/ncidod/dvbid/lyme/>

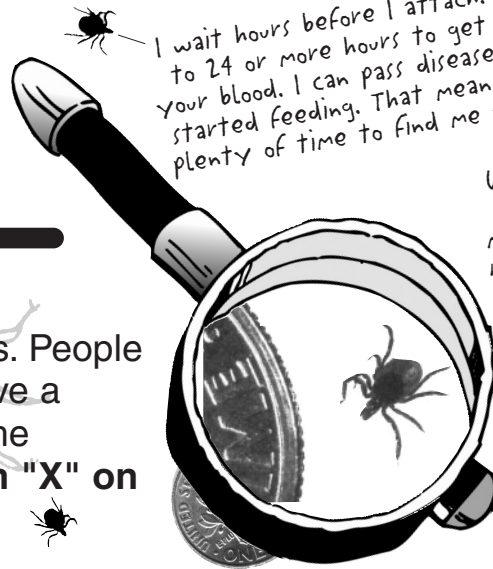
Check and protect your pets, too.



When ticks attach, they place a barbed mouth-piece into your skin—NOT their head.

**Did You Know?**

- Ticks live in the woods and tall grass.
- They only eat three times: once as larvae, once as nymphs, and once as adults.



I wait hours before I attach. Then I take up to 24 or more hours to get ready to suck your blood. I can pass diseases **ONLY** once I've started feeding. That means that you have plenty of time to find me and take me off.

Under a magnifying glass you can see me. Otherwise I am really quite small!

Photo Courtesy  
Minnesota Department  
of Health - Disease  
Prevention and  
Control

## Least Toxic Tips

### Avoid Tick Bites!

1. Dress right! See page 11.
2. At home, check yourself from head to toe. Check your clothes, body, and hair for ticks.
3. Ask an adult to pull any ticks off with tweezers.

**Stop!** If you feel like you have the flu after being in the woods, or if you get a rash where a tick bit, see a doctor. These could be signs of Lyme Disease. A doctor can help you get well.

### Tip for Grown-ups:

Ticks attach themselves to your body with their mouths. The best way to remove them is with tweezers, making sure not to leave any tick body parts in your skin.