

<p>How a Tick Can Make You Sick</p> <p>Module 3: Keeping ticks at bay when you go out to play</p>		

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Did you know that a single tick can make you sick and that ticks can transmit an illness called Lyme disease to you and to your pets? In this brief, online session, get ready to learn tons about ticks, the diseases that they carry, and how you can protect yourself and your pets from tick-borne illnesses. Ready? Let's go.

How a Tick Can Make You Sick | September 14, 2008 | Version 1



Let's get started!

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Pronunciations



tularemia

ehrlichiosis

spirochete

You will learn many words today that are difficult to pronounce. To help you, we have provided a PRONUNCIATION PAGE link on the Notes page of each slide.

Borrelia burgdorferi

Copy and paste the link into a browser window to open the Pronunciation Page in a new window. To return to the class, close the Pronunciation Page window.

Pronunciation Guide:

http://lymediseaseassociation.org/ledu/pron_guide.html

Today's topic



Over the next half-hour, we will review the following topic:

- Keeping ticks at bay when you go out to play



Other modules available in this series are:

- **Module 1: What is Lyme disease?**
- **Module 2: Tick-er Tape Parade:
What are ticks and what do they look like?**
- **Module 4: Testing and treatment for Lyme disease**

Pronunciation Guide:

http://lymediseaseassociation.org/ledu/pron_guide.html



**Keeping ticks at bay
when you go out to play**

Play it safe!


So, how do you stay safe during tick season?

Take a look at the next several slides.




Poster courtesy of the Lyme Disease Association and CALDA.

It's Lyme Time!

Be Tick Aware!



- 1 Walk in the middle of trails; avoid sitting on logs and leaning on trees.
- 2 Wear a hat, tuck in hair, if possible.
- 3 Wear a long-sleeved shirt fitted at the wrist.
- 4 Wear shoes, no bare feet or sandals.
- 5 Wear long pants tucked into high socks or duct tape around pants.
- 6 Consider Deet for skin and permethrin for clothes.
- 7 Wear white or light-colored clothing to make it easier to see ticks.
- 8 Do tick checks immediately and 3 days after outdoor activity.
- 9 If you find a tick, ask an adult to remove it carefully and save it.



Remove tick with tweezers. Pull straight out as close to the skin as possible. Save tick in container and call doctor.

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Pronunciation Guide:

http://lymediseaseassociation.org/ledu/pron_guide.html

Keep ticks at bay when you go out to play



Follow these guidelines:

- **Wear long pants tucked into your socks**
- **Try to wear**
 - long-sleeved shirts with tight cuffs
 - light-colored clothing
 - shoes and socks
- **Tie up long hair or tuck it under a hat**



Pronunciation Guide:

http://lymediseaseassociation.org/ledu/pron_guide.html

Keep ticks at bay when you go out to play



Follow these guidelines:

- Check regularly for ticks
- Look in outdoor clothing catalogs for special clothes that are tightly woven to prevent insect/tick bites
- When you come in doors, put your clothes in the dryer for 35-40 minutes if possible to kill lingering ticks



Pronunciation Guide:

http://lymediseaseassociation.org/ledu/pron_guide.html

Keep ticks at bay when you go out to play



Photo courtesy of Pat Smith

When you come indoors:

- Have an adult check you for ticks, from head to toe.
- Pay special attention to areas like your scalp and neck, where ticks can hide under your hair.

Pronunciation Guide:

http://lymediseaseassociation.org/ledu/pron_guide.html

Keep ticks at bay when you go out to play

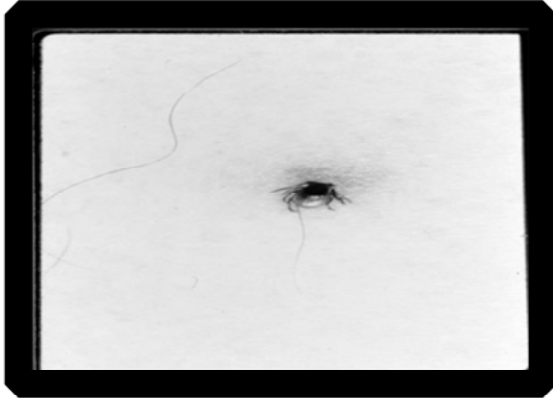


Photo courtesy of Ed Masters, MD

Here's an example of an attached tick on a human.

The longer the tick is attached, the greater the risk of getting a disease from it.

Pronunciation Guide:

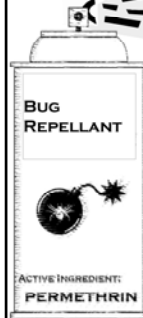
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Keep ticks at bay when you go out to play

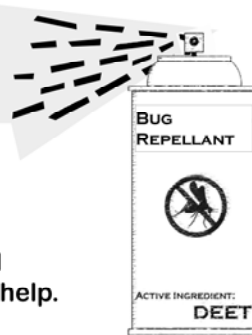


Your parents may want you to use certain sprays to protect your skin and/or clothing from ticks.

Some sprays are used only on your clothes. These sprays contain a chemical called permethrin.



Others can be used on your skin and clothing. These sprays use a chemical called DEET.



There are also special clothes pre-treated with chemicals that are available and can also help.

Disclaimer

The LDA does make recommendations regarding the use of chemicals.

Pronunciation Guide:

http://lymediseaseassociation.org/ledu/pron_guide.html

How to ditch a tick



Let's say that you have followed all of the precautions we have discussed and *you still get a tick bite*. Don't panic.

Find an adult, who will follow these steps to remove the little blood sucker.



But first, here's a list of things **NOT** to do....

Pronunciation Guide:

http://lymediseaseassociation.org/ledu/pron_guide.html

How to ditch a tick



DO NOT:

- Put anything on the tick
- Burn the tick
- Touch the tick with fingers
- Squeeze the tick



Pronunciation Guide:

http://lymediseaseassociation.org/ledu/pron_guide.html



How to ditch a tick

DO follow these steps:

- Apply tweezers close to skin on the head of the tick
- Pull the tick straight out; do not twist or squeeze it
- Clean the bite area afterwards with antiseptic
- Save the tick for testing, preferably alive, in a zippered plastic bag or a closed container with a moist cotton ball. (Check the Web for laboratories that perform tick testing.)

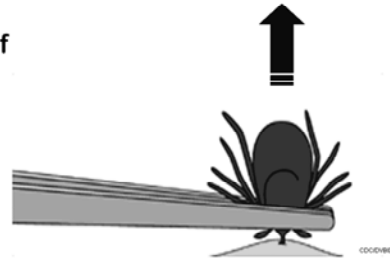


Image courtesy of the Centers for Disease Control and Prevention.

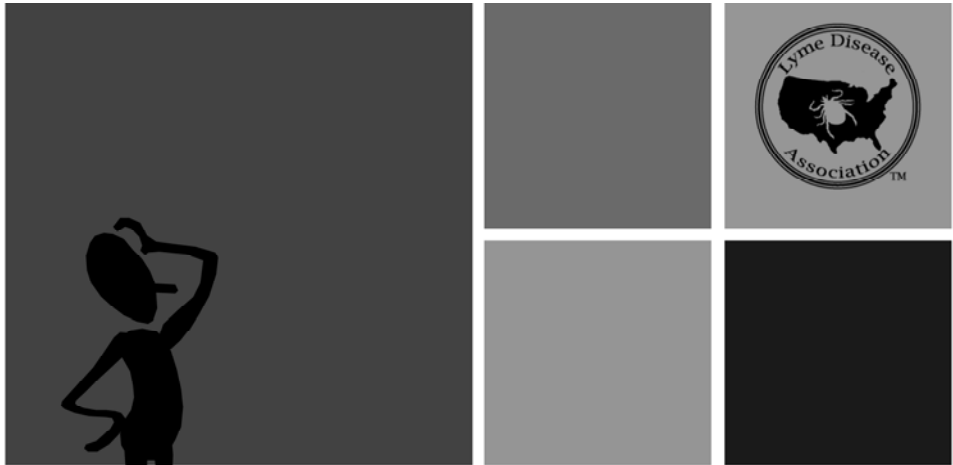
Disclaimer:

The Lyme Disease Association does not endorse the use of any particular brand of product.

End of Module



**You have reached the end of
Module 3:
Keeping ticks at bay
when you go out to play**



Questions?


www.LymeDiseaseAssociation.org

If you have questions about any of the topics that we've discussed today, the LDA website,

www.LymeDiseaseAssociation.org,

offers lots of information so that you and your family can learn more!

In the meantime, be well and stay safe!

<p>THANKS!</p> <p>The Lyme Disease Association (LDA) thanks the following individuals for their help with various aspects of this project:</p>		

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