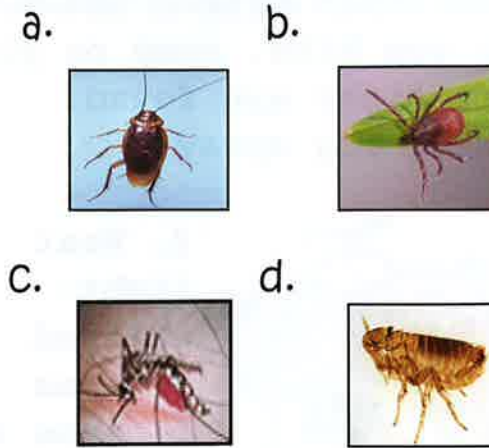


## Check your tick facts

1. Ticks are found naturally:
  - a) on the Golden Gate Bridge.
  - b) on grasses alongside trails.
  - c) in the sandbox.
  - d) on dirt.
2. You want to remove a tick from yourself or your pets because:
  - a) ticks are ugly.
  - b) you don't want them to have a free ride.
  - c) your friends will be jealous if you have one and they don't.
  - d) ticks can bite and may give you germs that can make you or your pets sick.

3. How do you keep ticks from biting you?
  - a) wear long pants and tuck pants into your socks or boots.
  - b) avoid brushing against tall grass, leaves, logs, or shrubs.
  - c) check for ticks on yourself, pets, and people with you when you leave the forest or grassy areas.
  - d) all of the above.
4. If you find a tick attached to your skin, you should:
  - a) squash it like a bug.
  - b) grasp it with tweezers and yank it off.
  - c) grasp it with tweezers as close to the skin as possible and slowly pull it off in a steady, upward motion.
  - d) wash it off.

5. Circle the picture of a tick.



### Answers:

1. b 2. d 3. d 4. c 5. b  
(a. is a roach; c. is a mosquito; d is a flea)

Arnold Schwarzenegger, Governor  
State of California

Kimberly Belshé, Secretary  
Health and Human Services Agency

Mark B Horton, MD, MSPH, Director  
California Department of Public Health  
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# Don't Let the Ticks Bite



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**Ticks** are found in the forest or in wild grassy areas, especially alongside trails.



Ticks wait at the end of a piece of grass or on logs until an animal or person brushes against them.

After ticks get on an animal or a person they look for a good hiding place and so it is hard to see them. Ticks bite and suck blood.

**Some ticks give germs to people and pets that can make them sick.**

## Protect yourself from ticks!

When you hike, camp or play where ticks are found:

1. Wear bug spray.
2. Wear light-colored clothes because it is easier to see ticks on them.
3. Wear long pants and a long-sleeved shirt.
4. Tuck your pants into your socks or boots and tuck in your shirt.
5. Stay on trails.

**Ticks are small.**



Actual Size of Ticks

## Check for ticks!

After you go for a hike, or every day if there are ticks where you play:

- Check everyone in your family for ticks.
- Look hard to find them because ticks are very tiny.
- Ask an adult or another person to help you do a tick check.
- Check your pets very carefully.



**If you find a tick stuck to your body:**

**Remove it quickly and properly. A grown-up can help you get the tick out of your skin with tweezers.**

## How to remove a tick:

1. Grab the tick close to your skin with the tweezers or a tissue and pull straight out.



2. Wash where the tick bit you.
3. Wash your hands.
4. If you get sick after a tick bite you should go to the doctor.