



WAYNE MEMORIAL
COMMUNITY HEALTH
CENTERS



Lesson plans available.

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Safe Steps



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Ticks are so small, if you have one on your body, you might not notice it at first.



If you do find a tick, tell an adult right away. They will get rid of it. If it is stuck, they may use tweezers to remove it and wash the area with soap and water.

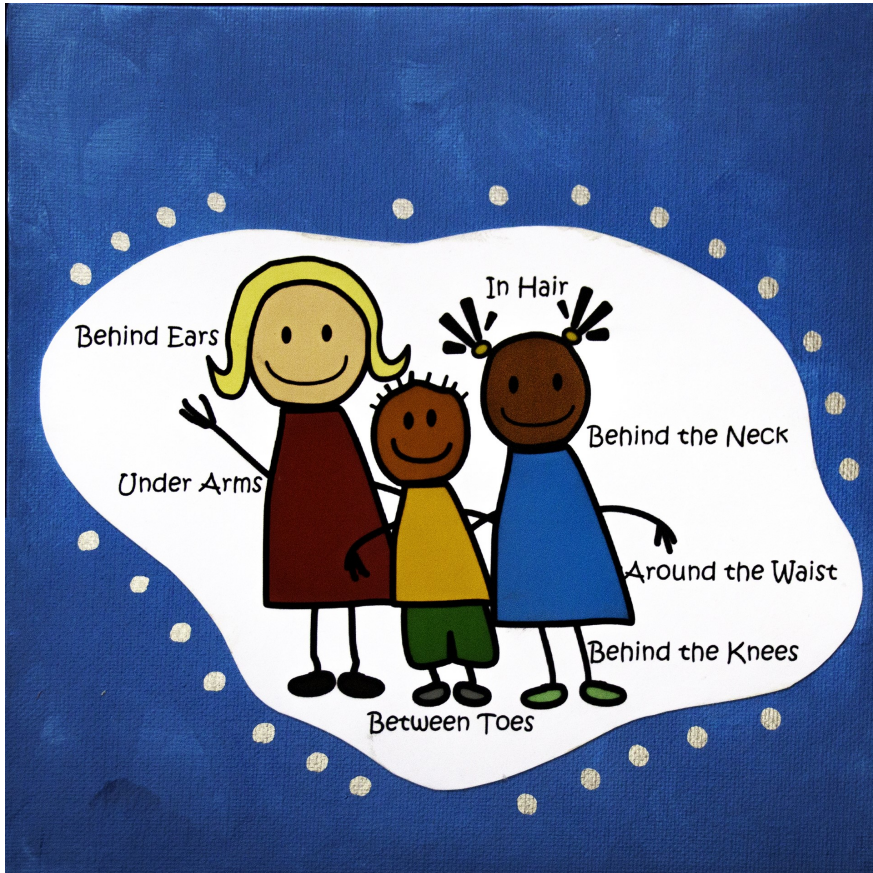


Tell your parents if you see a rash on your body or if you do not feel well. They can bring you to the doctor to see if you need medicine.

Ticks sometimes have germs that can make you sick. After a tick bite, you might get a rash, a headache, feel tired, or feel achy. Remember, you might not even know that you were bitten because ticks are very tiny and clever!



Ticks live where there are bushes and long grass. When a person or animal like a dog, mouse, or deer goes by, the tick latches on and climbs up. It finds a good place to attach itself. It can stay there for days.



You should check for ticks after being outside because you may not feel them on you. They hide in all sorts of places such as in your hair or behind your knees. They can even crawl under your clothes!

When you are going outside, let your parents spray insect repellent on you. Be sure to shower when you come inside. Ask your mom or dad to check that you don't have any ticks on you.

