

# Ticks

## *how to protect yourself*

### Information about tick bites

Playing outdoors is great fun and lots of exercise will help you grow strong and keep healthy. But remember to **look out** for ticks!

### What are ticks?

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

Ticks don't fly or jump, but live in long grass, bushes and shrubs. You can find them in the woods, places with long grass, and sometimes parks and gardens. Ticks wait on the tips of plants and when you brush past, they climb on.

### Fascinating Fact

Ticks are **arachnids**, so are related to spiders.



### Fascinating Fact

Ticks only **feed once** for a few days during a whole year.

### A beastly bite

#### Remember to do a tick check!

*How many ticks can you find?*



- A tick will stay on your body for several days to feed on your blood.
- Tick bites may not hurt so you won't know if you've been bitten.
- Ticks are tiny and can look like a speck of dirt or a freckle.
- Ticks often like to hide behind your ears, on your neck and head, in your underarms, behind your knees or between your toes.
- After playing outside, ask your parent or a grown up you trust to check you for ticks.
- Remove ticks as soon as possible

### Fascinating Fact

Ticks have **four stages** in their **life cycle** – the eggs, larvae, nymphs and adults.

You and your parents can find out more about ticks at:  
[www.gov.uk/guidance/tick-surveillance-scheme](http://www.gov.uk/guidance/tick-surveillance-scheme)

## Why should I look out for ticks?

You don't need to be scared of ticks, but it is important to look out for them and remove any you find.

Some ticks can carry diseases, like **Lyme disease**, that can make you sick so it's important to know what ticks are and what to do if you get bitten.

### Fascinating Fact

Tick saliva contains **special chemicals** so you don't feel it when they bite.

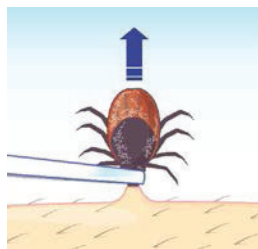


### Oh no, I've found a tick!

*If you find a tick, ask your parent or grown up to remove it as soon as possible.*

## Remove the tick safely

- Using a special tick tool or pointy tweezers.
- Grab the tick as close to the skin as possible and pull up and out.
- After the tick has been removed, wash the place where it bit you with soap and water.



### Fascinating Fact

Ticks feed on lots of different animals, so you may find them on your pets too!

## What do I do now?

- Sometimes, a tick can carry bacteria that make you sick.
- You may find a red rash where you were bitten several days or weeks later.
- Not everyone who gets sick will have a rash.
- You may have a temperature, headache and feel sore.
- If you begin to feel poorly, tell your parent so they can take you to see your doctor
- Remember to tell them you have been bitten by a tick. They will give you medicines to make you better.
- **Remember**, not all tick bites will make you sick.



## How to stop ticks biting you

- Wear long trousers and tops with long sleeves to stop ticks getting to your skin
- Wear light coloured clothes – the ticks are easier to spot and can be brushed off.
- Use an anti-insect spray to stop ticks from attaching.
- Remember to do a tick check after playing outside.

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