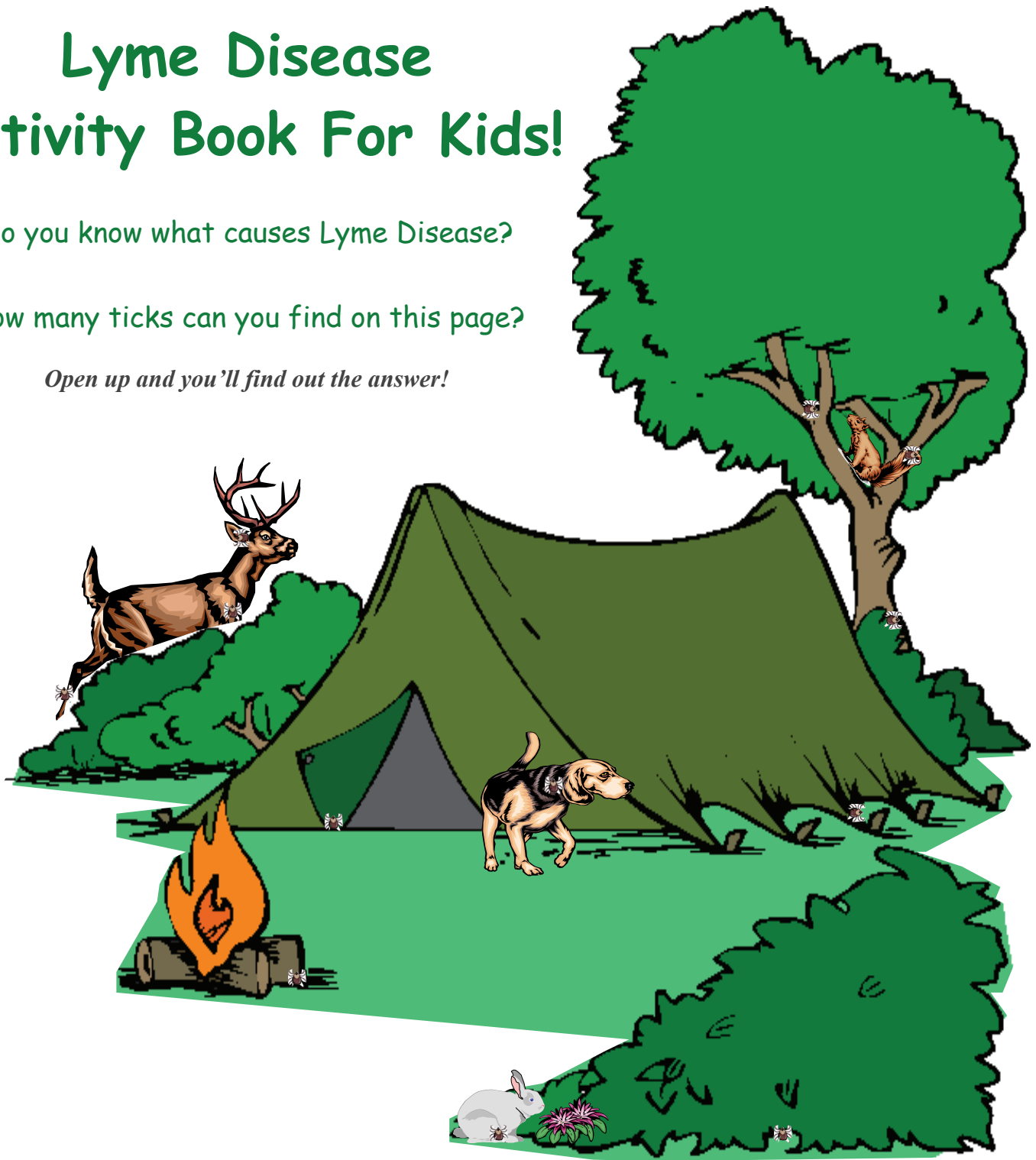


Lyme Disease Activity Book For Kids!

Do you know what causes Lyme Disease?

How many ticks can you find on this page?

Open up and you'll find out the answer!



This is a fun, and educational activity book on Lyme Disease!

Includes:

*Word Searches *Cross Word Puzzles *Coloring

And Lots More!

Ledge Light Health District • Community Lyme Disease Prevention Program

Supported by the Center for Disease Control & Prevention and the CT Department of Public Health

What is Lyme Disease?

It won't be long before you'll be outside a lot, riding your bike, whizzing along on your blades, and chasing your friends through the woods. And with warmer temperatures ahead, you'll also hear a lot about Lyme Disease and how you can protect yourself. Of course, you may be wondering exactly what this disease is all about and how a kid can get it. Well, it has nothing to do with limes, the tart green fruit your parents put into their glass of water! You can't catch Lyme Disease from a friend (unless you are bugs-but you'll learn more about that later). Read our article to get the lowdown on Lyme Disease.

So what is Lyme Disease?



Lyme Disease is an infection caused by bacteria that lives inside the deer ticks sometimes called the lyme tick. If a deer tick that is carrying Lyme Disease bites you, the bacteria called spirochetes (spy-row-keets), can get into your body and cause you to develop Lyme Disease. The name comes from Old Lyme, Connecticut, which is where the disease was first discovered.

A tick will latch onto an area of your bare skin, usually in a place where you won't notice it right away, and feed on your blood (kind of like a vampire!). The bite itself is painless. You probably won't even know the tick is feeding. After an infected tick bites you, it pumps water out of its mouth to lower its body weight (it's heavier from the blood that was just sucked out of you). Then the tick spits spirochetes into you, and then you may develop Lyme Disease! The symptoms of Lyme Disease can be painful.



The Story of Lyme Disease


In 1975 a strange illness struck people in Lyme, Connecticut when they were bitten by a very tiny black tick. This illness became known as "Lyme Disease".

There are many types of ticks such as the dog tick, the spotted tick and the grey mouse tick, but the only one that causes Lyme Disease is the very tiny deer tick. Sometimes people call the deer tick the Lyme tick not because the tick is a lime color, but because the disease originated in Lyme Connecticut. If you look closely at a deer/lyme tick, you will see eight legs and when the tick is fully grown, it is only about the size of a a sesame seed!

The only way you can catch Lyme Disease is from the bite of an infected deer tick, and once a person has been bitten by the tick, it can take as long as two days for an infected tick to pass along the disease. The deer tick loves warm, summer weather, but the tick often hides out in grass, shrubs, leaves or wooded areas, that's why its very important that when we go outdoors, we wear long sleeves, and pants so that the deer ticks can't reach our bare skin. If a deer tick does reach our bare skin, we need to remove it promptly by using fine point tweezers and grabbing the tick where its mouth parts enter the skin. Once the tick is

Activity: Match column 1 with the answers in column 2 by drawing a line.

The 1st one has been done for you!

- 
- | | |
|---|---|
| * How do people get Lyme Disease? | * By its mouth parts where it enters the skin. |
| * How long does it take an infected tick to pass on Lyme Disease? | * In the grass, shrubs, leaves, or wooded areas |
| * Lyme Disease is most common in the ... | * Rash, headache, achy muscles, swollen glands, fever, and stiff neck |
| * Where do ticks generally live? | * To protect their bare skin from ticks |
| * What are the symptoms of Lyme Disease... | * Fine Point Tweezers |
| * What should you do with a tick after it has been removed? | * As long as 2 days |
| * The best way to remove a tick is with... | * Summer, or warmer months |
| * When you grab a tick, you should try to grab it... | * From the bite of an infected deer tick |
| * Why should people wear long pants and tuck them into their socks when in a wooded or grassy area? | * Put the tick in a container and bring it to the local health department for testing |

What a Tick Bite Looks and Feels Like

A person who gets bitten by a tick usually won't feel anything at all. There might be a little redness around the area of the bite. If you think you've been bitten by a tick, tell an adult immediately. Some ticks carry diseases such as Lyme Disease, Babesiosis, and Ehrlichiosis.

What You Should Do

- Ask an adult to check you for ticks after you've been playing or hiking in the woods, and have them pay special attention to your head (including your scalp), back, neck, armpits, and groin area. If you ever find a tick on you, ask for an adult's help in removing it. Using tweezers, an adult should grab the tick as close as he can to your skin, and pull the tick off in one motion. Don't cover the tick with petroleum jelly, rubbing alcohol, or fingernail polish, this will not help the tick come off your skin and will only complicate things. If any of the tick parts are left behind, they should be removed by using a sterile needle or pin. Once the tick is removed, your parent may want to put the tick in a jar to save it and show to your doctor.

How to Remove a Tick

Your mom or dad should follow these steps:

- **STEP 1:** Use tweezers to grasp the tick firmly at its head or mouth next to the skin
- **STEP 2:** Pull firmly and steadily until the tick lets go of the skin
- **STEP 3:** Release the tick into a jar of alcohol
- **STEP 4:** Swab the bite site with alcohol








Deer Ticks are *very, very, tiny*, sometimes you need a magnifying glass to see them!

Activity: Color the picture below.



Activity: Read the facts below about Lyme Disease and then see if you can unscramble the blue words.

1. Lyme Disease is caused by the bite of an infected black legged tick. 
2. Not all ticks carry the bacteria that cause Lyme Disease
3. Some people get a rash that look's like a bull's eye 
4. Some people get tired and achy-these are called symptoms of Lyme Diease.
5. Always wear long pants and long sleeves if you play in the woods and tuck your socks into your pants. This will help keep ticks from biting you.
6. Check for ticks on your body every day before you go to bed.
7. Always tell an adult if you find a tick. 
8. Always have an adult remove a tick from your body.
9. Always check your pets for ticks 
10. Go to the doctor if you have symptoms, he can give you an antibiotic to cure the disease if you have it. 

CIKT _____ ERTID _____

MLEY _____ HSRA _____

YAHC _____ SSEEDIA _____

DEB _____ ODWSO _____

UTADL _____ RODTCO _____

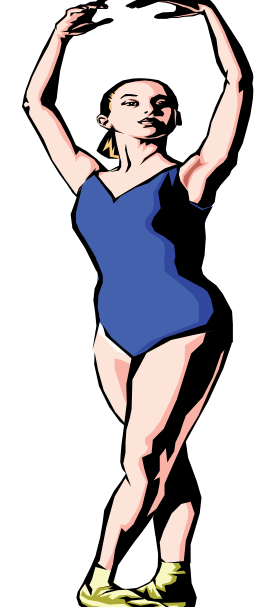
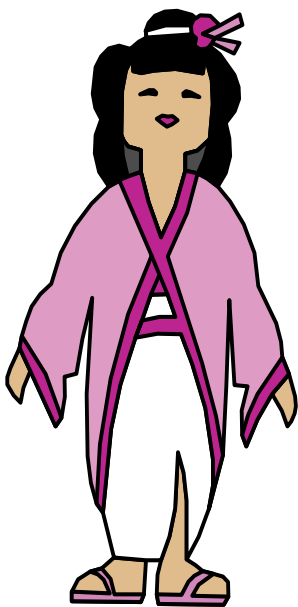
Sometimes when a tick is removed, it's a good idea to save it, and bring to the local Health Department

Activity: Color the Picture!



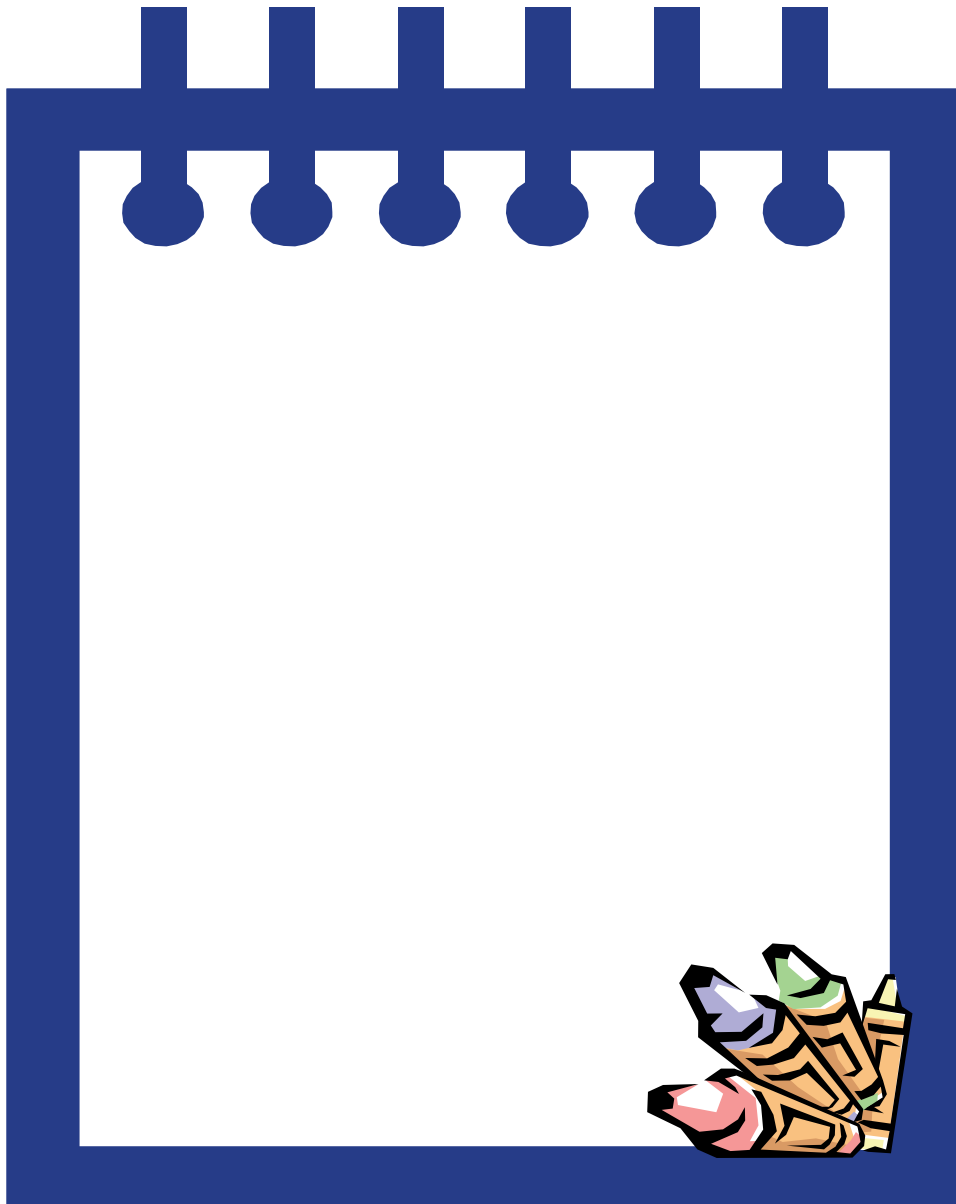
When we play outside in our back yards, at the playground, in our woods, or at our friends' houses, its very important we dress properly to keep ticks off of our skin and from biting us.

Activity:
Below, circle the 3 people who are properly dressed to help protect themselves from tick bites.



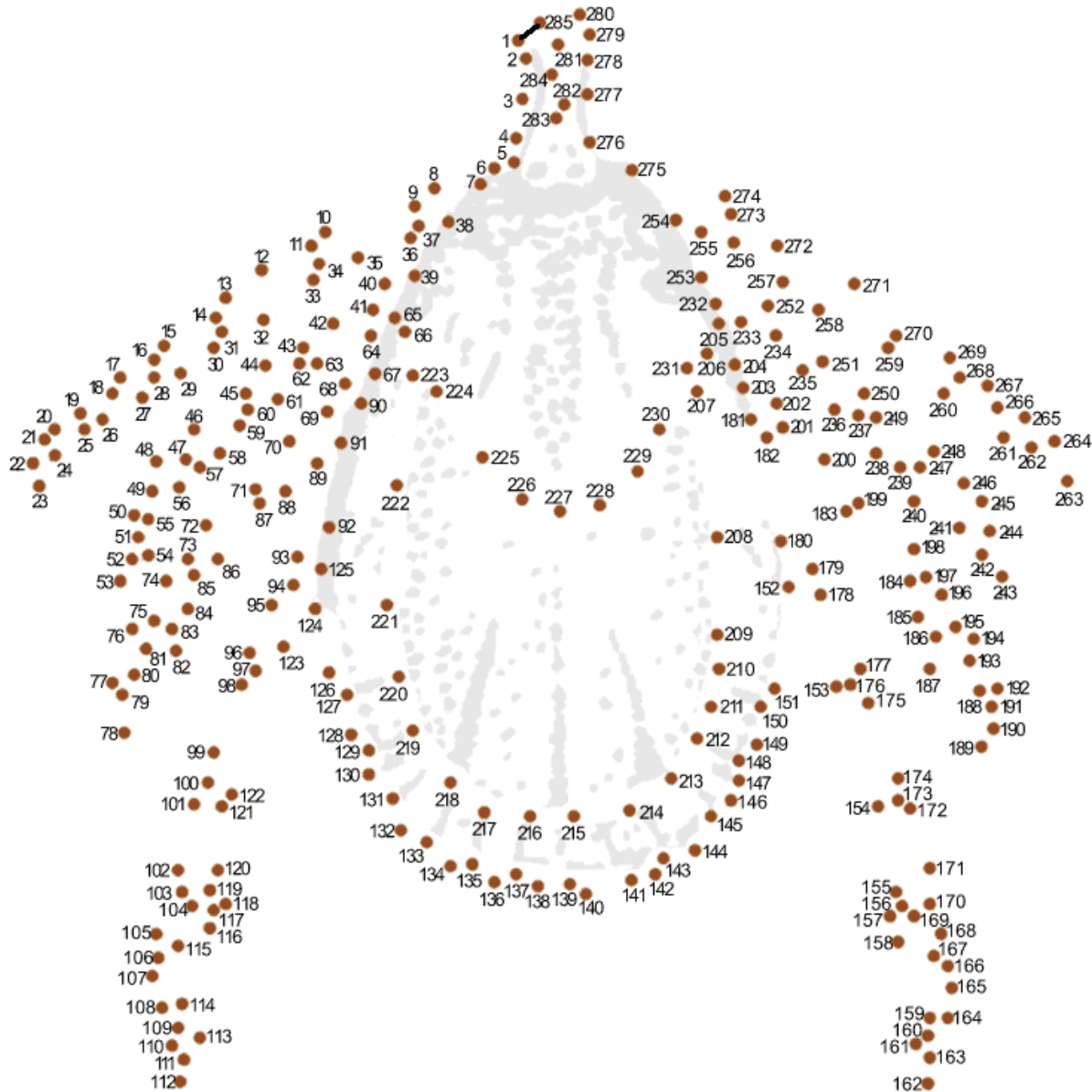
It's very important to know what a tick looks like so we can tell an adult if we find one on our body or our clothes. Do you know what a tick looks like???

Activity:
Draw a picture of a Tick

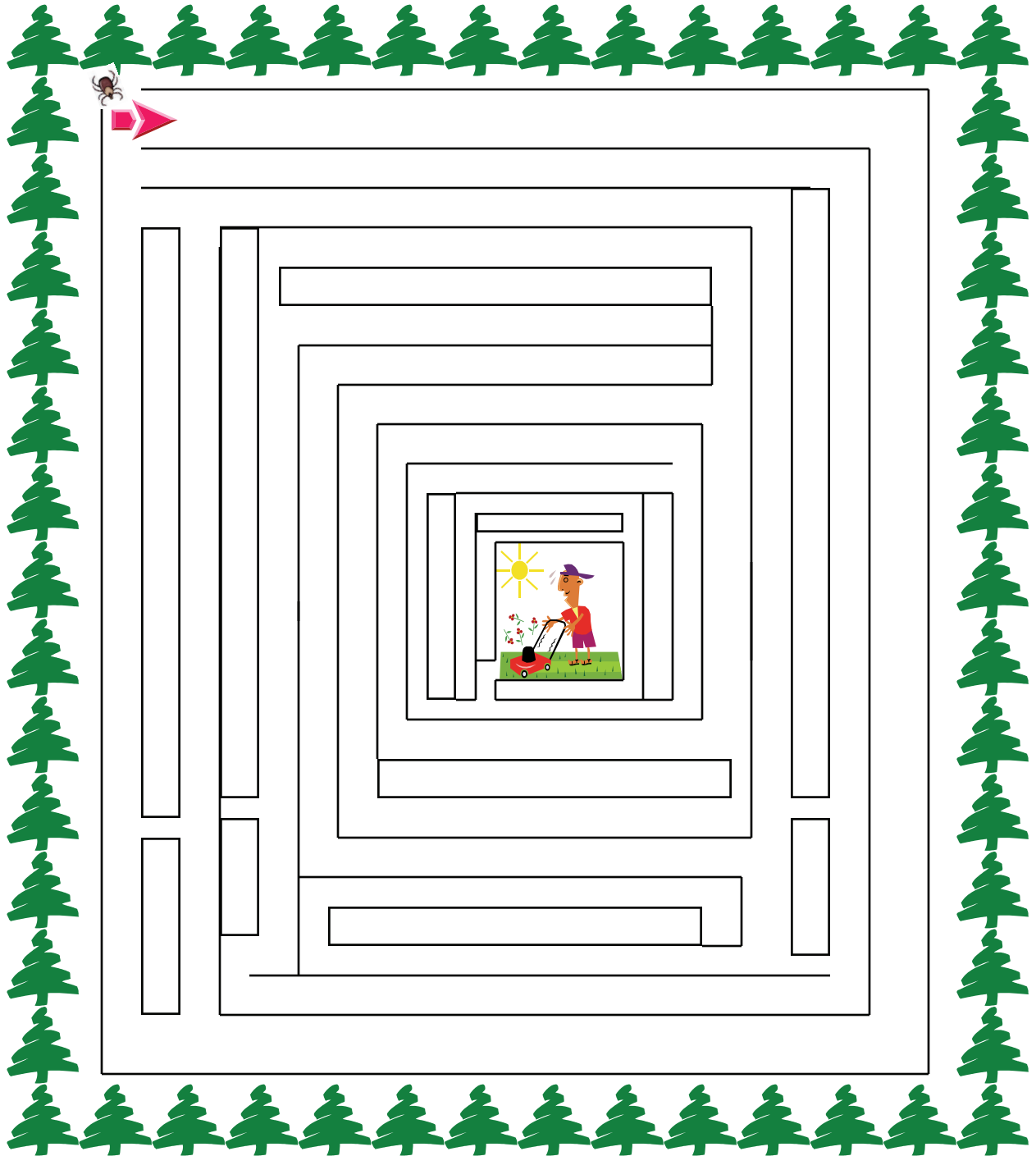


Activity:

Connect all the dots and see what you find.



The unsuspecting boy is going to get
bit by the tick...
He should have been wearing long sleeves!!!



Word Search...

Read the story below and find the **GREEN** words in the puzzle.

Lyme Disease is caused by the **BITE** of a very small **DEER TICK**. You can *NOT* get Lyme Disease from a friend. Always tuck in your **SHIRT** and tuck your pants into your socks when you play in wooded areas. When you come in the house after being outside, always **CHECK** your body for ticks. If you find a tick, tell an adult to get it off for you. Sometimes you don't know that you have a tick bite but you see a **RASH** on your body. If you find a rash, tell an **ADULT**. Sometimes you don't see a rash! If you feel **TIRED** and **ACHY** or if you get a headache, tell an adult!

Z	X	B	I	T	E	C	T	V	B	N
M	S	D	A	F	G	H	I	J	K	L
E	W	A	C	H	Y	Q	R	A	S	H
R	T	Y	H	U	I	O	E	P	H	S
A	C	X	E	B	N	F	D	M	I	F
G	B	I	C	G	J	H	S	K	R	A
P	I	O	K	U	A	D	U	L	T	R
D	E	F	K	C	I	T	R	E	E	D

NOTE: The words can be found in all directions (up, down, backwards, forwards)

Lyme Disease

Test your knowledge...Think about all the information you've learned on ticks and Lyme Disease. Now you can finish the puzzle below with facts abouts ticks and Lyme Disease.

The first two have been done for you.

Lyme Disease is spread by the bite of a deer tick

You can not catch Lyme Disease from a friend

M _____

E _____

D _____

I _____

S _____

E _____

A _____

S _____

E _____

Question: What type of tick causes Lyme Disease?

Answer: The Deer Tick

Question: How many ticks are there at the campsite?

Answer: There are 12 TICKS!

