

Student Resource: Tick Safety - Self-Check (intermediate)

1. Select the checkboxes to show that you know some of the places that ticks can be found.

- in the woods
- bushes
- under leaves
- in water
- in cut grass
- around rocks and wood where small animals live

2. Select the checkboxes to show that you know ways to keep yourself safe from getting bitten by a tick.

- stay on paths and trails, the middle is best
- use insect repellent
- wear close-toed shoes
- stay inside
- wear long pants when hiking on a trail
- tuck your pants into your socks
- check your body once a day for ticks

- hang your outdoor clothes outside for 30 minutes before washing them so ticks can escape
- put outdoor clothing in the dryer for 60 minutes on high heat before washing them

3. List 3 things you should do if you find a tick on your body.

4. List 2 things you shouldn't do if you find a tick on your body.

Answers:

Question 1: Check all but "in water".

Question 2: Check all but "Hang your outdoor clothes outside for 30 minutes before washing them so ticks can escape".

Question 3: Don't try to pull it off. Tell an adult who can remove it. Wash the area with soap and warm water after the tick has been removed.

Question 4: Do not grab, squeeze, or pop the tick around its swollen abdomen. Do not use a match, heat, or chemical products to try to remove a tick. Do not twist the tick when pulling it out.