

RHODE ISLAND TICK DETECTIVE WORKBOOK FOR KIDS



BE A 
TICK
DETECTIVE
Rhode Island
Department of Health
health.ri.gov/ticks



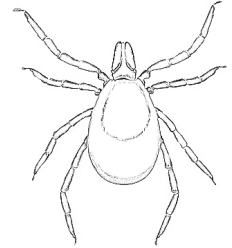
What are ticks?

Ticks are put into the same category as small spiders (**arachnids**). Like a spider, ticks have eight legs. There are about 899 different kinds (**species**) of ticks in the world. In Rhode Island, there are many types of ticks.

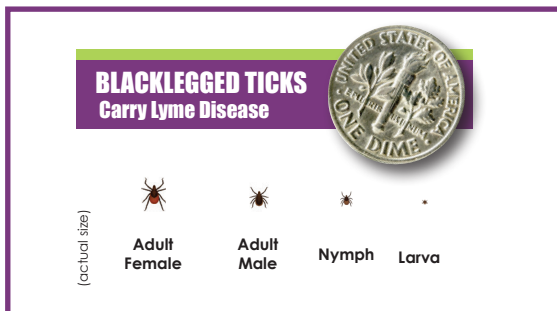
SPIDER



TICK



Most ticks have three stages of growth: larvae, nymph, and adult. A **nymph** can be as small as a poppy seed. Adult ticks are not very big either. Ticks need to eat blood from an animal or a person to go through each growth (**life cycle**). They prefer blood from **mammals** (warm-blooded animals like deer or people) and birds, but they have also been found on **reptiles and amphibians** (like snakes or frogs).

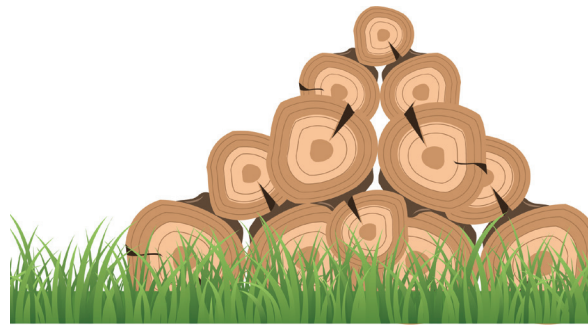


Why are ticks bad?

Ticks can make you sick. Ticks can carry **diseases** (bacteria) in their blood that can make people and other animals sick. Ticks give the bacteria to the person or animal when they bite them.

Where do ticks live?

Ticks like to live in or near areas with wood and grass. Many times ticks are found in areas with trees, under leaves on the ground, around woodpiles or stonewalls, or around tall grass.



Ticks can dry out, they like moist and **humid** (warm and wet) places to live (**environments** or **habitats**).



How do I protect myself against ticks?



There are many ways to protect yourself from being bitten by a tick:

Wear long pants and long-sleeved shirts while outside. Tuck your pants into your socks and your shirt into your pants so ticks cannot crawl in to your clothes.


Have an adult help you to put on **repellent** (bug spray). Repellent with 20–30% of the chemical **DEET** is safe for children to have on their skin.

Adults: ALWAYS spray on hands first, then put on a child's skin - spray outdoors - do not breathe in the bug spray. Wash your hands afterwards.

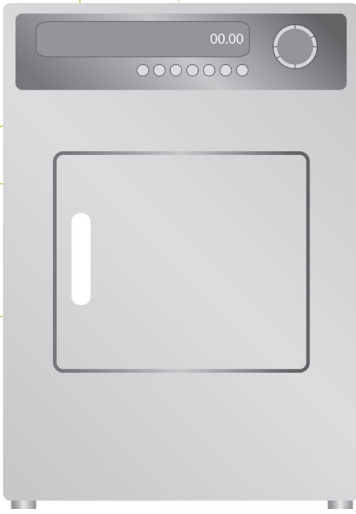
An adult can spray your clothes with **permethrin** (a chemical). Once it is dry, it is safe and will protect you from ticks.





 Wear light colored clothes while outside in tick habitats (where ticks live) to easily see ticks crawling on your clothes. 


 Stay on trails in the woods - when you brush by leaves, ticks may get on to your body. Do not go in places where you know ticks live, like: brush and tall grass or a woodpile.






 After coming back indoors, put your clothes in the dryer. Have an adult run the dryer on high heat for 10 minutes. This will kill any ticks that may be on the clothing.

 Take a bath or shower as soon as you come inside to wash off and find any ticks that are crawling on you. See Page 21 to find out how to do a tick check.

 ALWAYS do a **tick check** if you have been outside. It is hard to see your own body. Ask an adult (mom or dad) to check your body, armpits, and hair for ticks. Use a flashlight to see your skin better.

 Check pets, too! Ticks like to ride into your house on your pet.



What do I do if I find a Tick?

If you find a tick on your body - tell an adult right away. If a tick did not bite you, have an adult get rid of it. If a tick did bite you - have an adult take it off (**remove**).

FOR ADULTS: The best ways to remove a tick are with a **TICK SPOON** or **POINTY TWEEZERS**

TICK SPOON:

Place the spoon's notch near the tick and apply a slight downward pressure on the skin

Slide the spoon forward so the notch is framing the tick

Continue sliding the spoon forward to remove the tick (do not lift the spoon up)

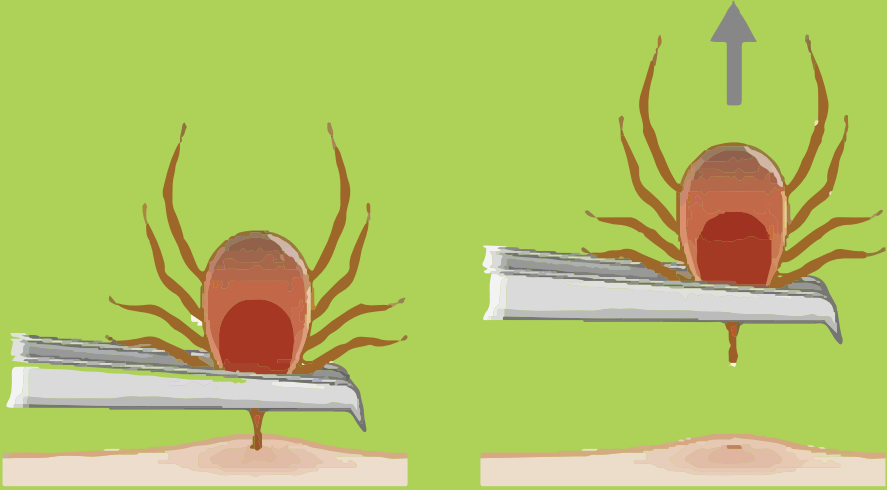
Check to ensure the tick's mouthparts have been completely removed. This is to prevent a possible infection from occurring

Clean the bite area with rubbing alcohol or soap and water







POINTY TWEEZERS:

Grab the tick by the head and **PULL STRAIGHT UP**, making sure the head is not lodged in the skin.



What are the best ways to throw away a tick after removing it?

-  Put it in alcohol
-  Place it in a sealed bag/container
-  Wrap it tightly in tape
-  Flush it down the toilet

Color a tick spoon

You should have received a tick spoon with your booklet. Make the tick spoon special and color it with permanent markers. Keep your tick spoon somewhere handy so you can find it when you need it, like a first aid kit or hang it by your bathroom mirror as a reminder to do a tick check.



What you need:

- 1 tick spoon
- fine-point permanent markers

Learn about different ticks

Below are three ticks. What do you notice about each one that looks different? Do you see different colors or patterns on the ticks' backs?

Blacklegged (Deer) Tick



American Dog Tick



Woodchuck Tick



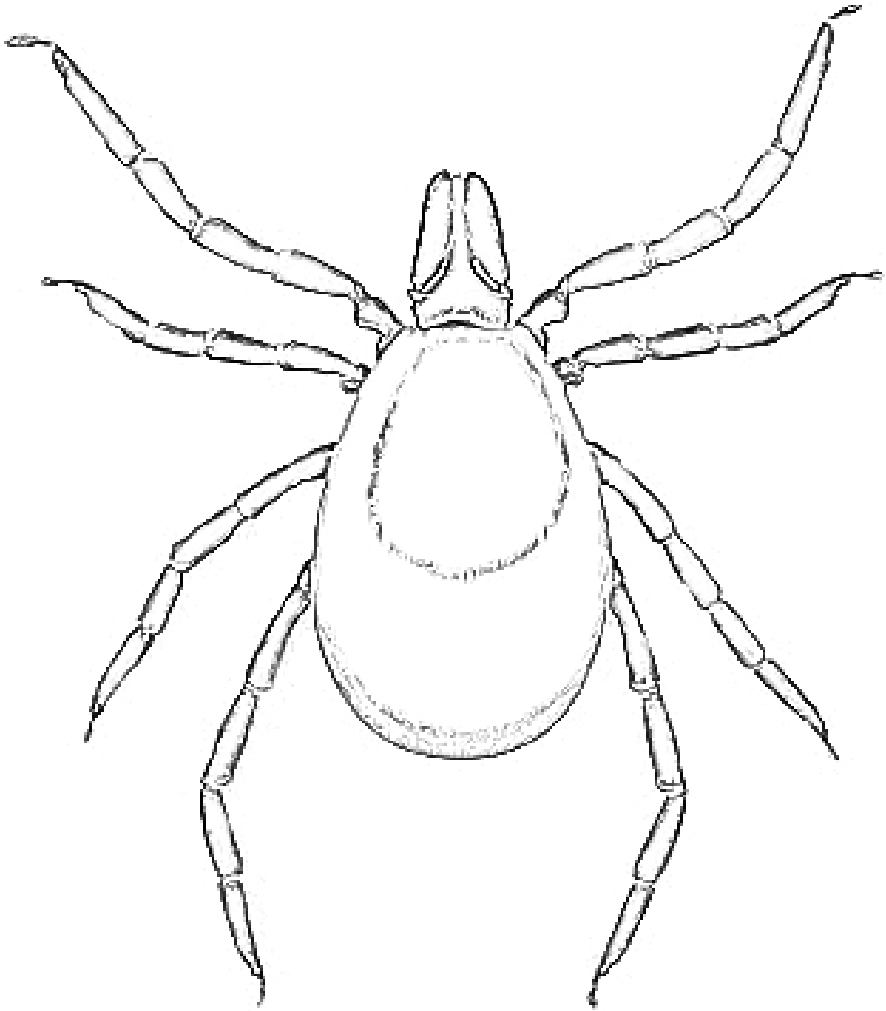
On the next pages are some pictures of each tick for you to color. Look at the photos and try to make your tick look the same. This will help you identify a tick you might find in the future.

What you need:

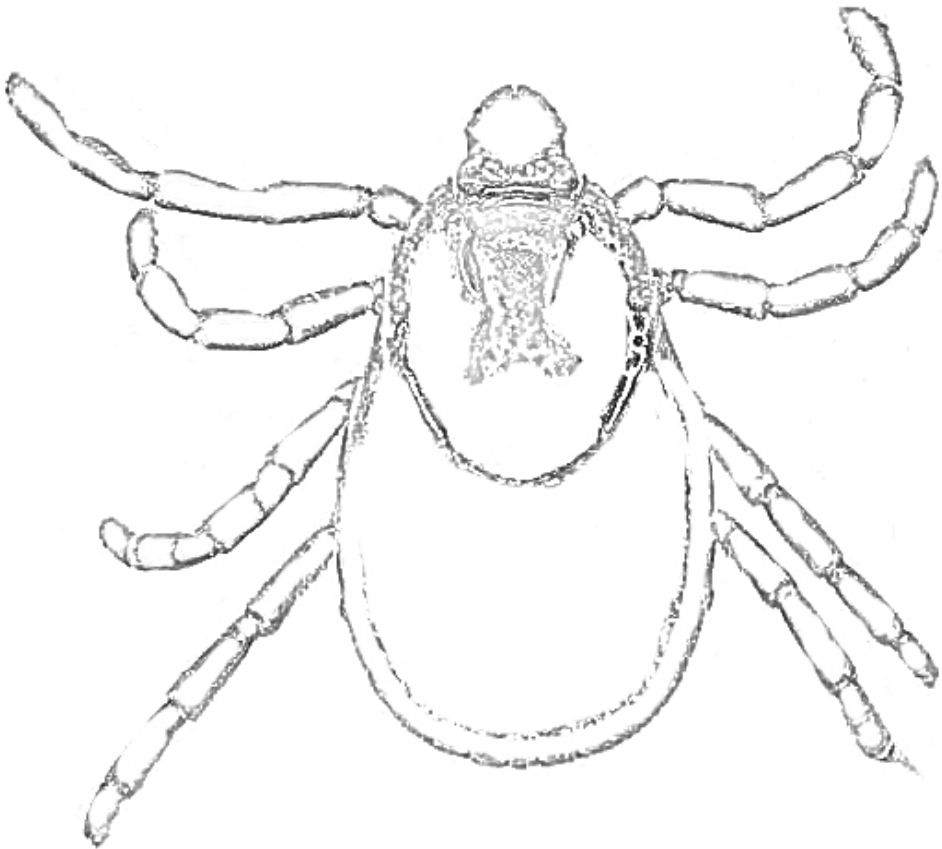
- Crayons or markers



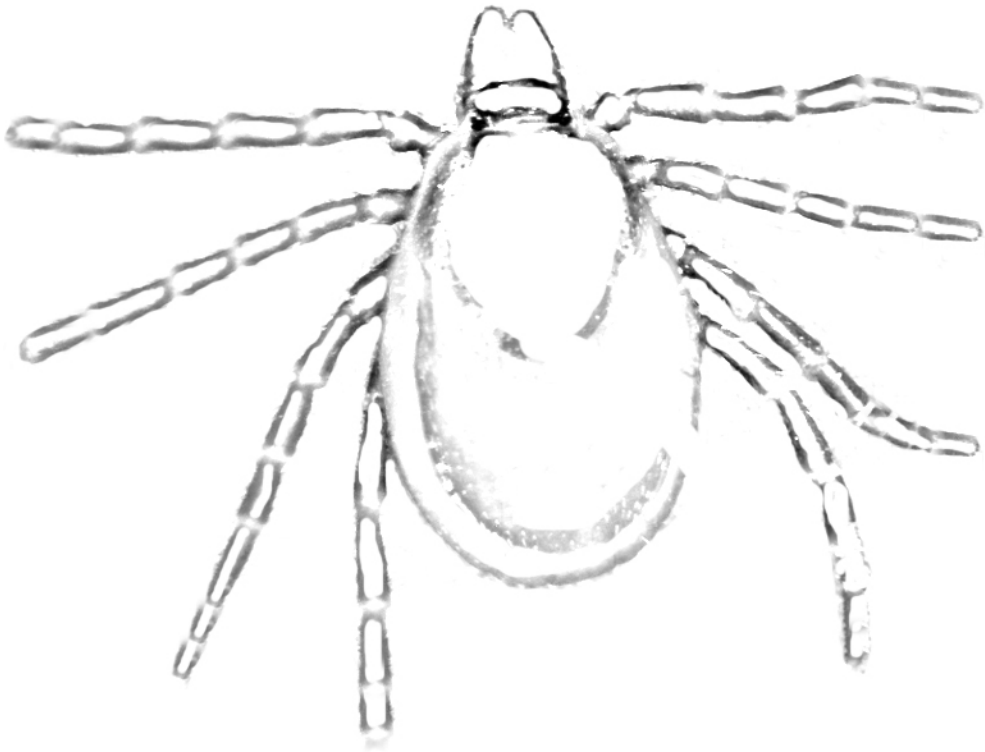
Blacklegged (Deer) Tick



American Dog Tick

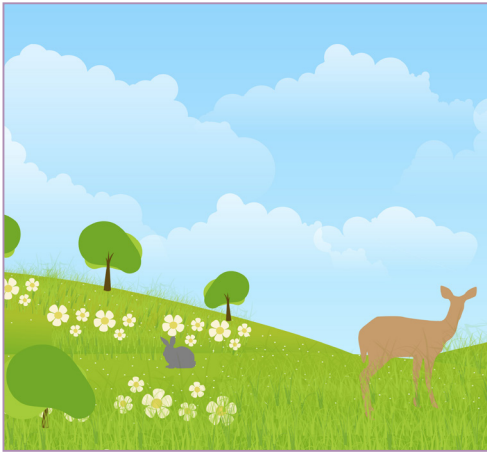


Woodchuck Tick

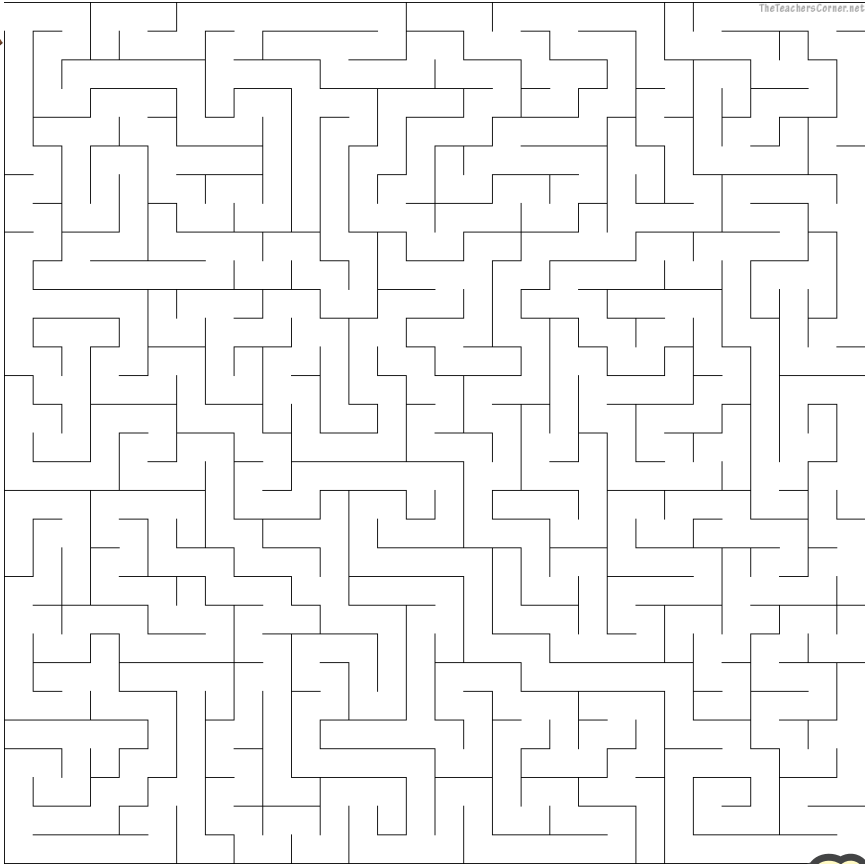


Where do ticks live?

Place an "X" on where ticks might like to live in each picture.

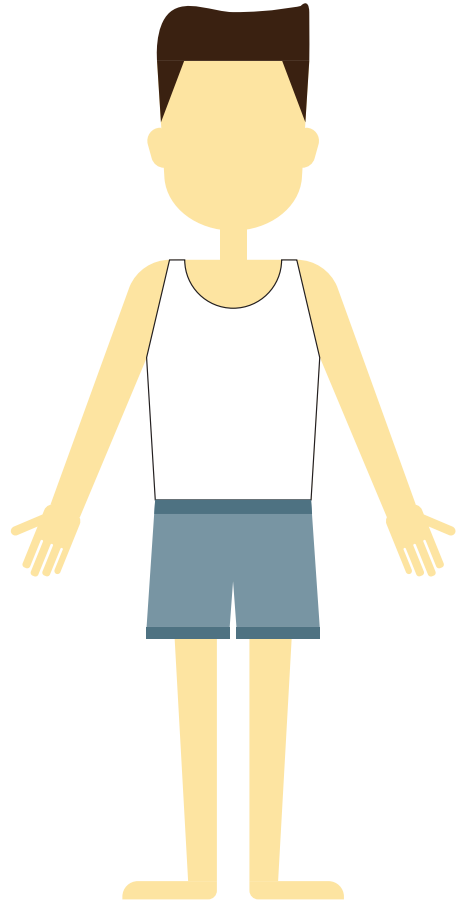
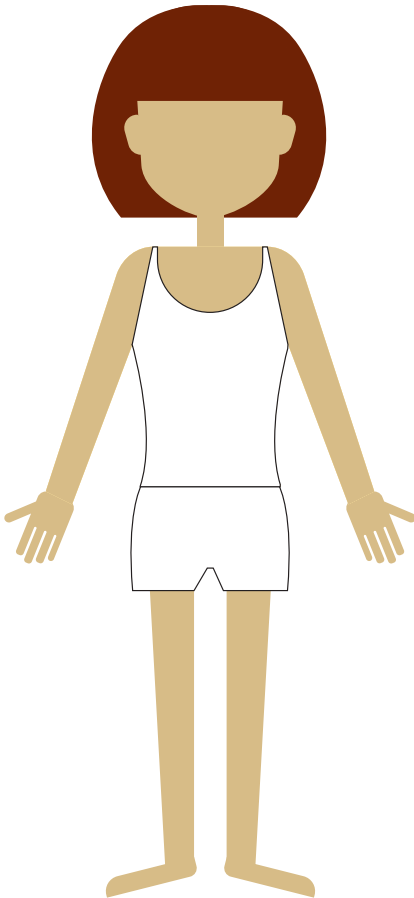


Help the hiker get to his/her repellent.



How do we protect these people from ticks?

Draw clothing on the people that might help protect them from getting bit by a tick.



How many ticks are on the campsite?

Circle all of the ticks you can find on the campsite.

Hint: Use what you have learned,
where do ticks like to hide?



I spy with my tick detective eye...

Can you find and circle the objects in the picture below?

- tick repellent
- dog
- bunny
- apple
- tick
- log pile
- butterfly
- hot dog
- birds
- squirrel
- worm
- hot air balloon
- cat
- magnifying glass
- hamburger



Be a tick word detective

Search up, down, forward, backward, and on the diagonal to find the hidden words

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

BULLSEYE
CHECK
DEER

TICK
DETECTIVE
GRASS
INSPECT

LYME
MICE
NYMPH
PROTECT

REMOVE
SPRING
SUMMER
RASH

PET
BLACKLEGGED



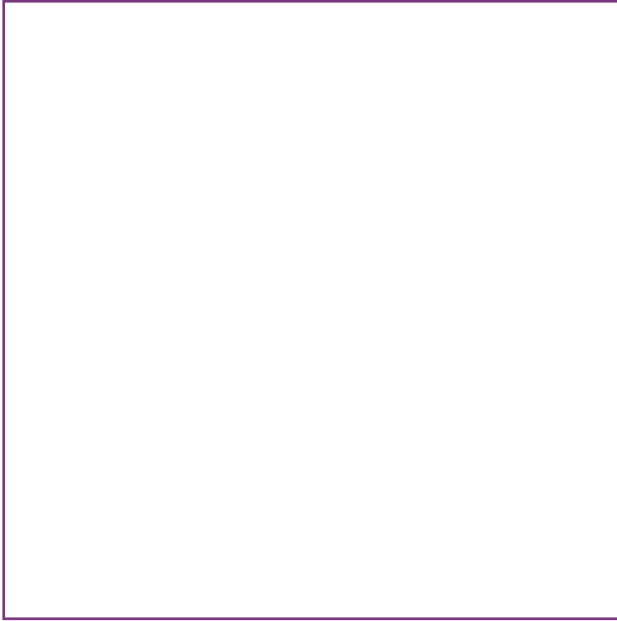
Tick or spider?

Circle the ticks in the following photos



What did you learn?

Draw a tick in the box below:



Write the top 3 things you learned about ticks?

1. _____

2. _____

3. _____

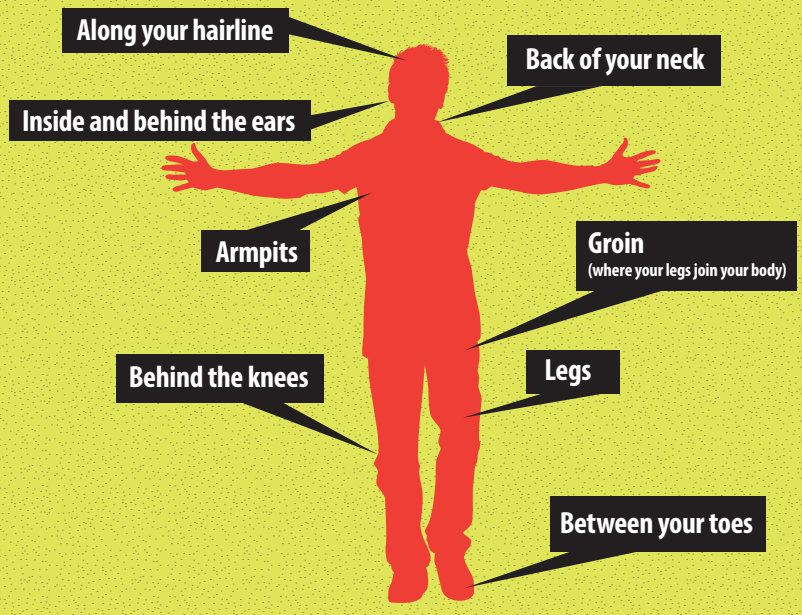
Now go tell a friend what you learned!

Where do ticks like to hide on your body?

Is there a tick on you?

Do a tick check!

Here's where to look:



Ticks are tiny, so look for new "freckles." These are actual size:



www.health.ri.gov/lyme

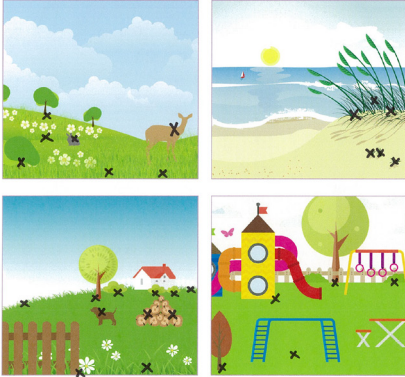
Glossary

- arachnids:** an arthropod of the class Arachnida, such as a spider or scorpion.
- species:** a group of living organisms consisting of similar individuals capable of exchanging genes or interbreeding. The species is the principal natural taxonomic unit, ranking below a genus and denoted by a Latin binomial, e.g., *Homo sapiens*.
- nymph:** an immature form of an insect that does not change greatly as it grows, e.g., a dragonfly, mayfly, or locust.
- life cycle:** the series of changes in the life of an organism, including reproduction.
- mammals:** a warm-blooded vertebrate animal of a class that is distinguished by the possession of hair or fur, the secretion of milk by females for the nourishment of the young, and (typically) the birth of live young.
- reptiles:** a vertebrate animal of a class that includes snakes, lizards, crocodiles, turtles, and tortoises. They are distinguished by having a dry scaly skin and typically laying soft-shelled eggs on land.
- amphibians:** a cold-blooded vertebrate animal of a class that comprises the frogs, toads, newts, and salamanders. They are distinguished by having an aquatic gill-breathing larval stage followed (typically) by a terrestrial lung-breathing adult stage.
- disease:** a disorder of structure or function in a human, animal, or plant, especially one that produces specific signs or symptoms or that affects a specific location and is not simply a direct result of physical injury.
- humid:** marked by a relatively high level of water vapor in the atmosphere.
- environments:** the surroundings or conditions in which a person, animal, or plant lives or operates.
- habitats:** the natural home or environment of an animal, plant, or other organism.
- repellent:** a substance that deters insects or other pests from approaching or settling.
- DEET:** a brand of diethyltoluamide, a colorless oily liquid with a mild odor, used as an insect repellent.
- permethrin:** a synthetic insecticide of the pyrethroid class, used chiefly against disease-carrying insects.
- tick check:** The action of checking your clothing, body and pets for ticks
- remove:** take (something) away or off from the position occupied.

Answer key

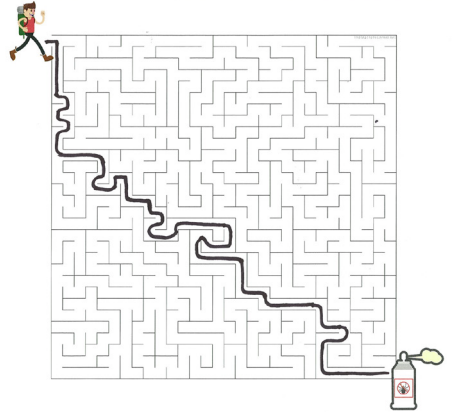
Where do Ticks Live?

Place an X on where ticks might like to live in each picture.



13

Help the Hiker get to his/her repellent.



14

How do we protect these people from ticks?

Draw clothing on the people that might help protect them from getting bit by a tick



15

How many ticks can you find on the campsite?

Circle all of the ticks you can find on the campsite.
Hint: Use what you have learned, where do ticks like to hide?



16

Answer key

I spy with my tick detective eye...

Can you find and circle the objects in the picture below?

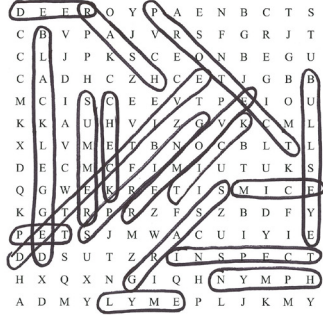
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17

Be a tick word detective

Search up, down, forward, backward, and on the diagonal to find the hidden words



- | | | | | |
|----------|-----------|---------|--------|-------------|
| BULLSEYE | TICK | LYME | REMOVE | PET |
| CHECK | DETECTIVE | MICE | SPRING | BLACKLEGGED |
| DEER | GRASS | NYMPH | SUMMER | |
| | INSPECT | PROTECT | RASH | |

18

Tick or Spider?

Circle the ticks in the following photos



19



This workbook has been kid tested!



Stella, age 9



Max, age 3



Maliah, age 7



Olivia, age 10



Tessa, age 9



Tom age 9

The Rhode Island Tick Detective Workbook for Kids is still being tested. Please give us your feedback after using this booklet
<https://www.surveymonkey.com/r/RITickDetective>