



***Infectious Disease Epidemiology Program, Maine Center for Disease
Control and Prevention***

Don't Let the Ticks Bite! Tick Activity Book

TOP 10 ~~TICK~~ FUN FACTS

10. The scientific name for a tick is *Ixodes scapularis*. *Ixodes* is Greek for “stickiness” which makes sense because ticks easily stick to you if you brush against them while you’re walking by, and ticks secrete a sticky substance making them more difficult to remove.
9. There are 14 different species of ticks found in Maine.
8. Deer ticks have a dark scutum (like a dot or shield) behind their head and are more common in the spring and fall. Dog ticks have a white scutum (or white “racing stripes”) down their back and are more common in the summer. Deer ticks transmit Lyme disease and other diseases while dog ticks do not.
7. A tick must bite and be attached to your skin for at least 24-hours before it can pass on the bacteria that causes Lyme disease.
6. Ticks have a barbed beak called a *Hypostome*. A tick sticks its *Hypostome* into you when it bites and the tick secretes an anesthetic (a pain reliever) and an anticoagulant (a substance that stops the blood from clotting) to keep from being noticed.
5. Deer tick nymphs (the “teenager” phase of being a tick) look like a poppy seed on your skin. Deer tick nymphs are the most common cause of Lyme disease, so it’s important to identify them and remove them.
4. Ticks find their hosts by detecting breath or body odors, or by sensing body heat, moisture, and vibrations. Ticks pick a place to wait for a host, resting on the tips of grasses and shrubs until they are brushed against.
3. Symptoms of Lyme disease include fever, headache, joint and muscle pains, fatigue, and the formation of the “bulls-eye” rash (*erythema migrans*) 3-30 days after a tick bite.
2. The most common diseases carried by ticks in Maine are Lyme disease, Anaplasmosis, and Babesiosis.
1. Simply washing clothes won’t kill a tick. De-ticking clothes is best done by throwing everything into a hot dryer for 10 minutes, even before washing.

Tick Vocabulary

- **Anaplasmosis** - the 2nd most common tick-borne disease in Maine, caused by a bacterium from the bite of an infected blacklegged (deer) tick
- **Anesthetic**—a substance causing loss of sensation/pain reliever. The tick has anesthesia in its saliva to numb your skin so you don't know it is starting to bite.
- **Babesiosis** - an emerging disease in Maine, caused by a parasite from the bite of an infected tick
- **Barb** - a point or pointed part projecting backward
- **Bulls-eye rash**- a red, expanding rash that looks like a target or a bull's eye. This is the most common symptom of Lyme disease.
- **Deer tick** - the species of tick that can transmit Lyme disease. It has a dark scutum, prefers wooded habitats, and is more common in the spring and fall; also called a blacklegged tick
- **Dog tick**- species of tick that has a white scutum or white racing stripes down its back and prefers open habitats and is more common on the summer
- **EPA (Environmental Protection Agency)** - federal agency devoted to protecting human health and the environment
- **Host** - an organism that provides shelter and food to another organism
- **Larva (singular; larvae = plural)** - the smallest stage of a tick, larvae are so tiny that they are difficult to be seen by the naked eye; they are about the size of a period in a newspaper
- **Lyme disease** - the most common tick-borne disease in Maine, caused by a bacterium from the bite of an infected blacklegged (deer) tick
- **Nymph** - pre-adult stage of the tick life cycle; very tiny, about the size of a poppy seed, so they can be difficult to see
- **Powassan** - a rare disease in Maine, caused by a virus from the bite of an infected tick
- **Scutum** - a bony dot or shield on a tick's back, near its head
- **Tick Check** - use your finger tips and your sight to feel around your body for ticks; it is recommended to do tick checks every time you come in from the outdoors, especially if you have been in a tick habitat



Find the Hidden **TICK** Message!

4 15 1 20 9 3 11 3 8 5 3 11

4 1 9 12 25 !

4 15 14 20 12 5 20 20 8 5

20 9 3 11 19 2 9 20 5 !

Here is the Secret Code:

1 – A	5 – E	9 – I	13 – M	17 – Q	21 – U	24 – X
2 – B	6 – F	10 – J	14 – N	18 – R	22 – V	25 – Y
3 – C	7 – G	11 – K	15 – O	19 – S	23 – W	26 – Z
4 – D	8 – H	12 – L	16 – P	20 – T		

Tick Word Search

Can you find the tick related words hidden in the puzzle?

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

Circle the words you find in each category:

Transmission

DEER TICK

SUMMER

BITE

LYME

GRASS

Symptoms

RASH

WEAK

JOINTS

SKIN

Prevention

SOCKS

PANTS

SPRAY

CHECK

Removal

PARENT

NURSE

TWEEZERS

PULL

Ticks: What Would You Do?

1. You are playing outside at recess and see that your friend has a tick on him. You're having fun and don't want to stop playing, but you know that the longer the tick is attached to your friend, the greater the chance that your friend might develop a disease from ticks.

What would you do?

2. You are at lunch and you see a rash on your friend's arm. You ask about the rash and your friend tells you that it's from a bug bite.

What would you do?

3. You and your family are planning on going camping overnight in the woods. You know there will be ticks in the woods.

What do you need to do to prepare for your trip?

Answer: Find the Hidden **TICK** Message!

D O A T I C K
4 15 1 20 9 3 11

C H E C K
3 8 5 3 11

D A I L Y!
4 1 9 12 25

D O N ' T L E T T H E
4 15 14 20 12 5 20 20 8 5

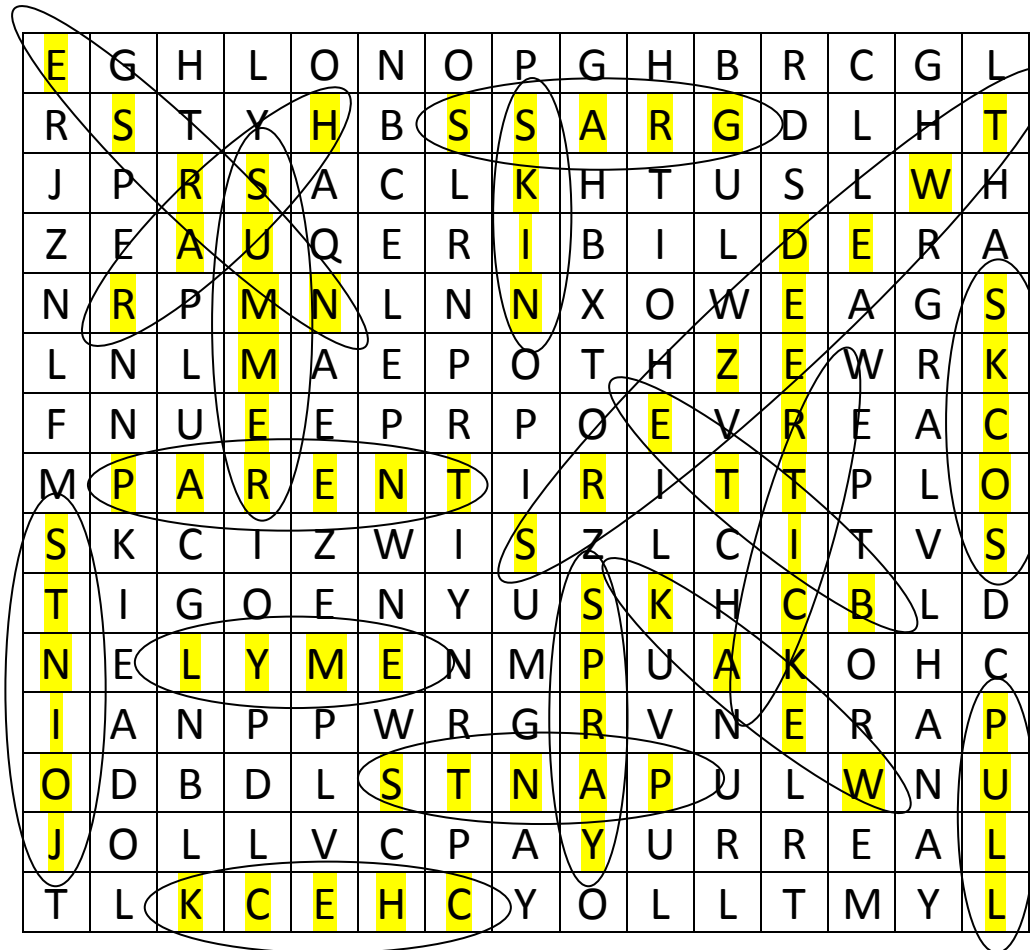
T I C K S B I T E!
20 9 3 11 19 2 9 20 5

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Answer: **Tick** Word Search

Can you find the tick related words hidden in the puzzle?



Circle the words you find in each category:

Transmission

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BITE
LYME
GRASS

Symptoms

RASH
WEAK
JOINTS
SKIN

Prevention

SOCKS
PANTS
SPRAY
CHECK

Removal

PARENT
NURSE
TWEEZERS
PULL

Suggestions ~~Ticks~~: What Would You Do?

1. You are playing outside at recess and see that your friend has a tick on him. You're having fun and don't want to stop playing, but you know that the longer the tick is attached to your friend, the greater the chance that your friend might develop Lyme disease.

What would you do?

It is understandable that you're having fun and don't want to stop, but you should stop your game and let your friend know that he/she has a tick on them. Then, you should go find a grown-up.

2. You are at lunch and you see a rash on your friend's arm. You ask about the rash and your friend tells you that it's from a bug bite.

What would you do?

Let your friend know that sometimes people can get sick from a bug's bite. Tell him/her to keep an eye on the rash to see if it expands (like a bull's-eye). Advise him/her to let a grown-up know.

3. You and your family are planning on going camping overnight in the woods. You know there will be bugs in the woods.

What do you need to do to prepare for your trip?

To protect yourself from getting bit by ticks, you should bring bug spray, long socks, long pants, long-sleeved shirts, light color clothes (so you can see if you have any ticks on you), and a tick removal spoon or tweezers (in case you do have a tick on your body). Remember to check your body every day for ticks!