

ILLINOIS ABC's



OF TICKBORNE DISEASE

An activity book for
Preschool - Grade 2

ILLINOIS ABC'S OF TICKBORNE DISEASE

MY NAME IS:

INFORMATION KEY

Illinois Ticks

American Dog Tick
Blacklegged Tick
Gulf Coast Tick
Lone Star Tick

Tick Habitat

Environment
Host
Journey
Number of Legs
Questing
Year-round

Tick Removal

Full Body Check
Keep Calm!
Tweezers
Unnoticed

Tick Bite Prevention

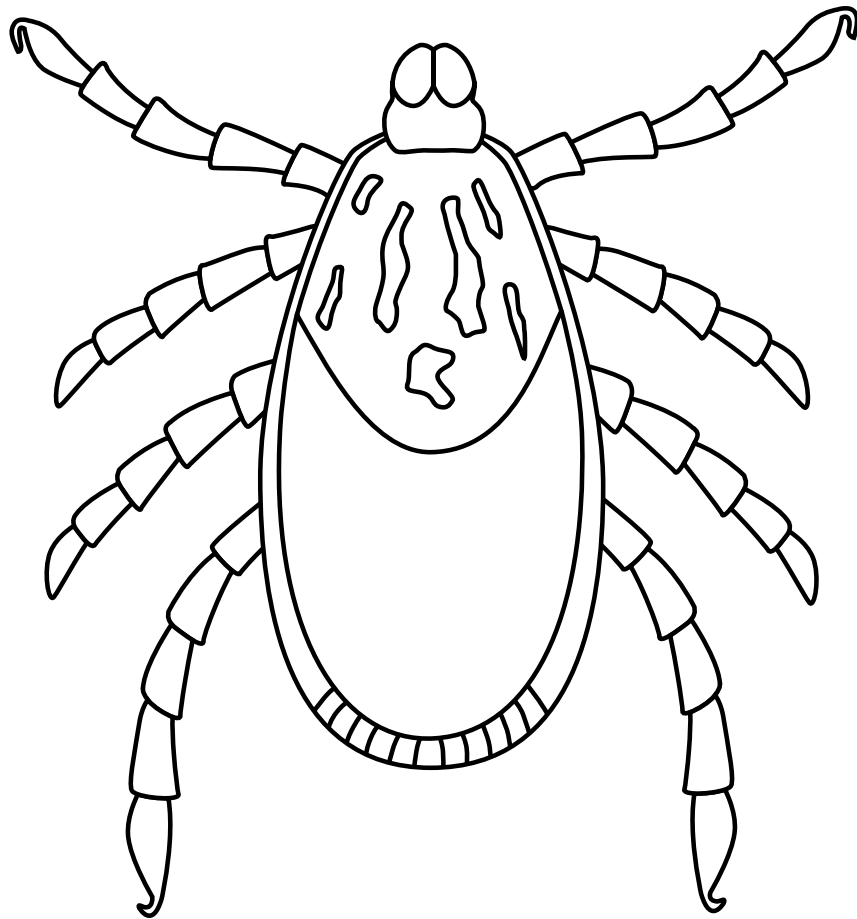
Insect Repellent (Bug Spray)
Mow the Lawn
Outdoor Activities
Permethrin
Shower
Vet
What to Wear
Examine Pets and Gear
Zig Zag to Safety

Tickborne Disease

Common Clues
Doctor
Rash



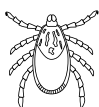







A **d** is for **American Dog Tick**



American dog ticks can live all over. They live in forests.
They live in tall grasses. They live in bushes.

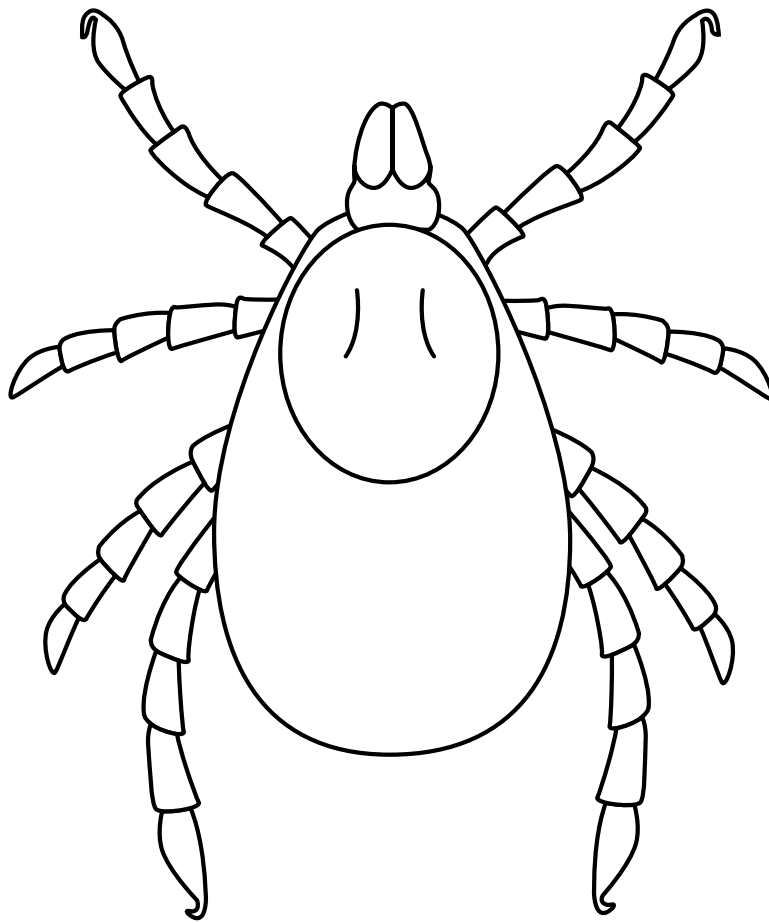
Count the American Dog Ticks



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	<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>

Bb

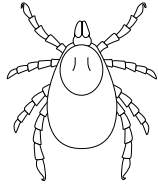
is for
**Blacklegged
Tick**



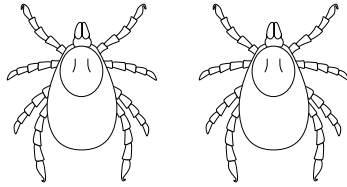
Blacklegged ticks get hot easily. They like to live out of the sun. They live in forests. They hide under the leaves when they get hot.

Counting Activity

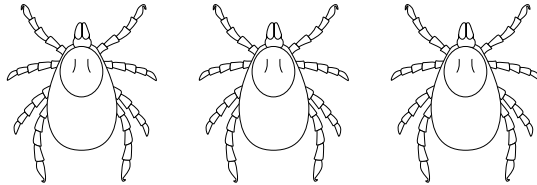
1



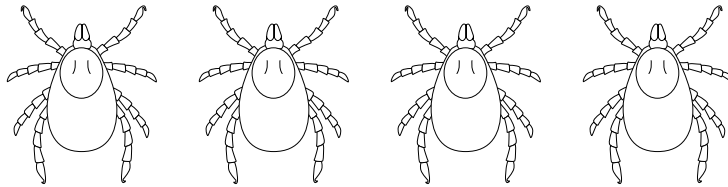
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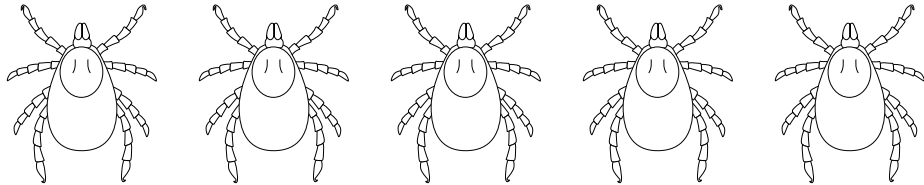
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4



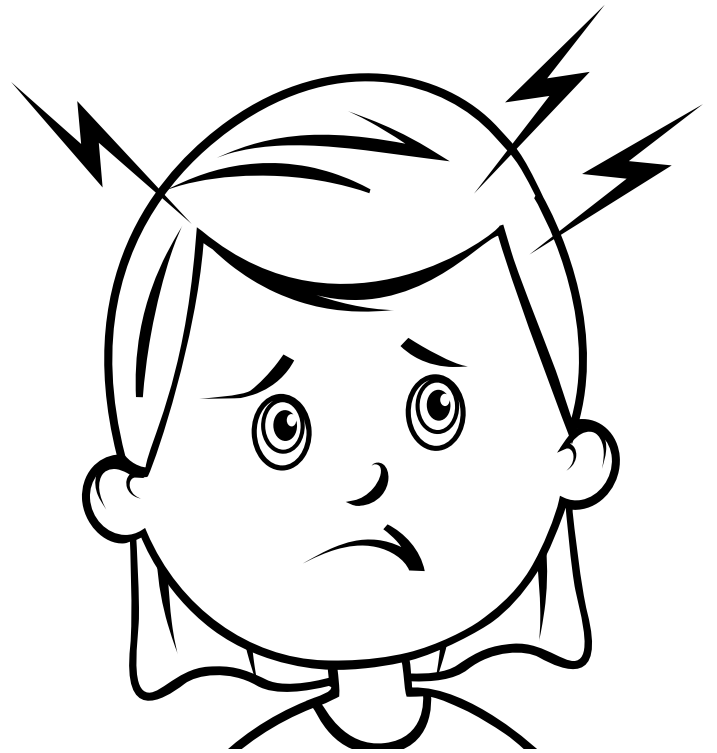
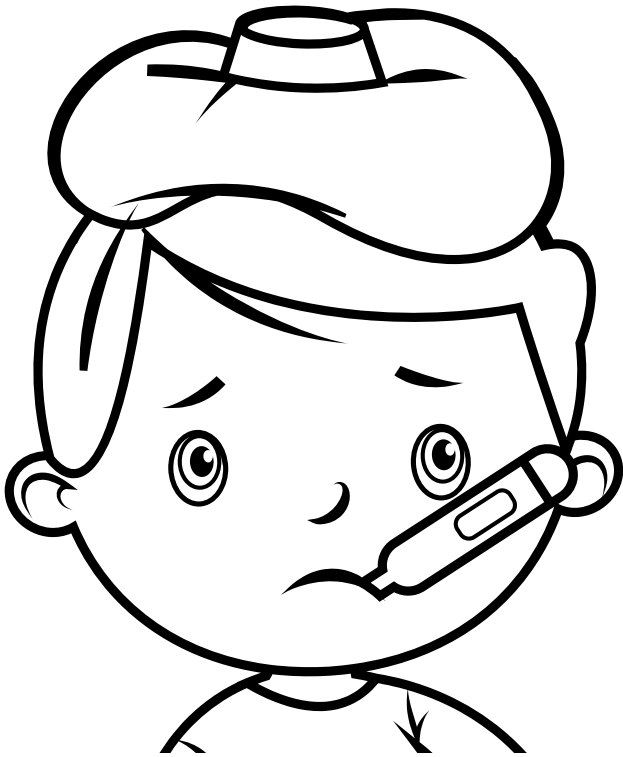
5



Cc

is for
**Common
Clues**

Do you feel sick?



Ticks can sometimes make you feel sick.
Doctors can help if a tick makes you sick.

Coloring Activity



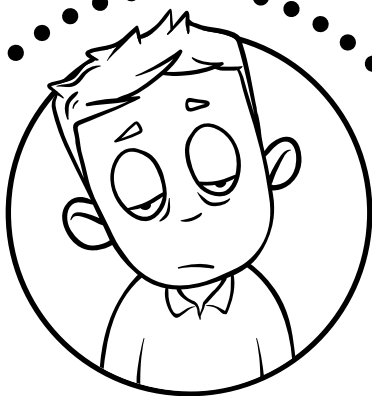
Hot



Head Hurts



Muscles Hurt



Sleepy

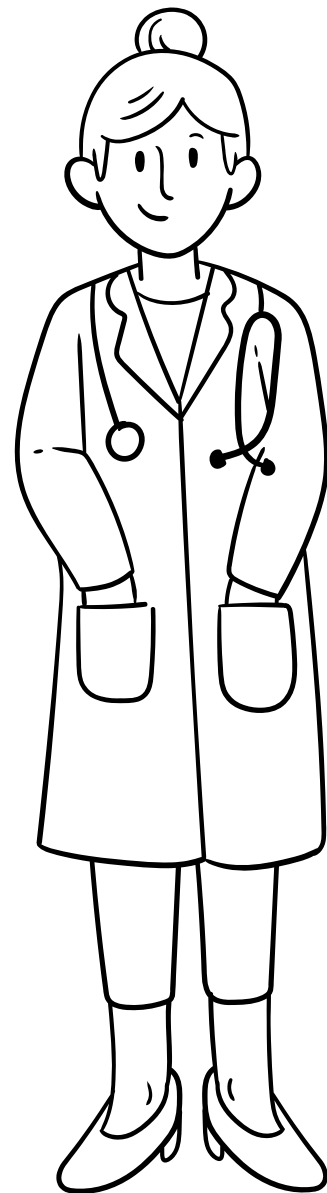


Rash

Dd is for Doctor

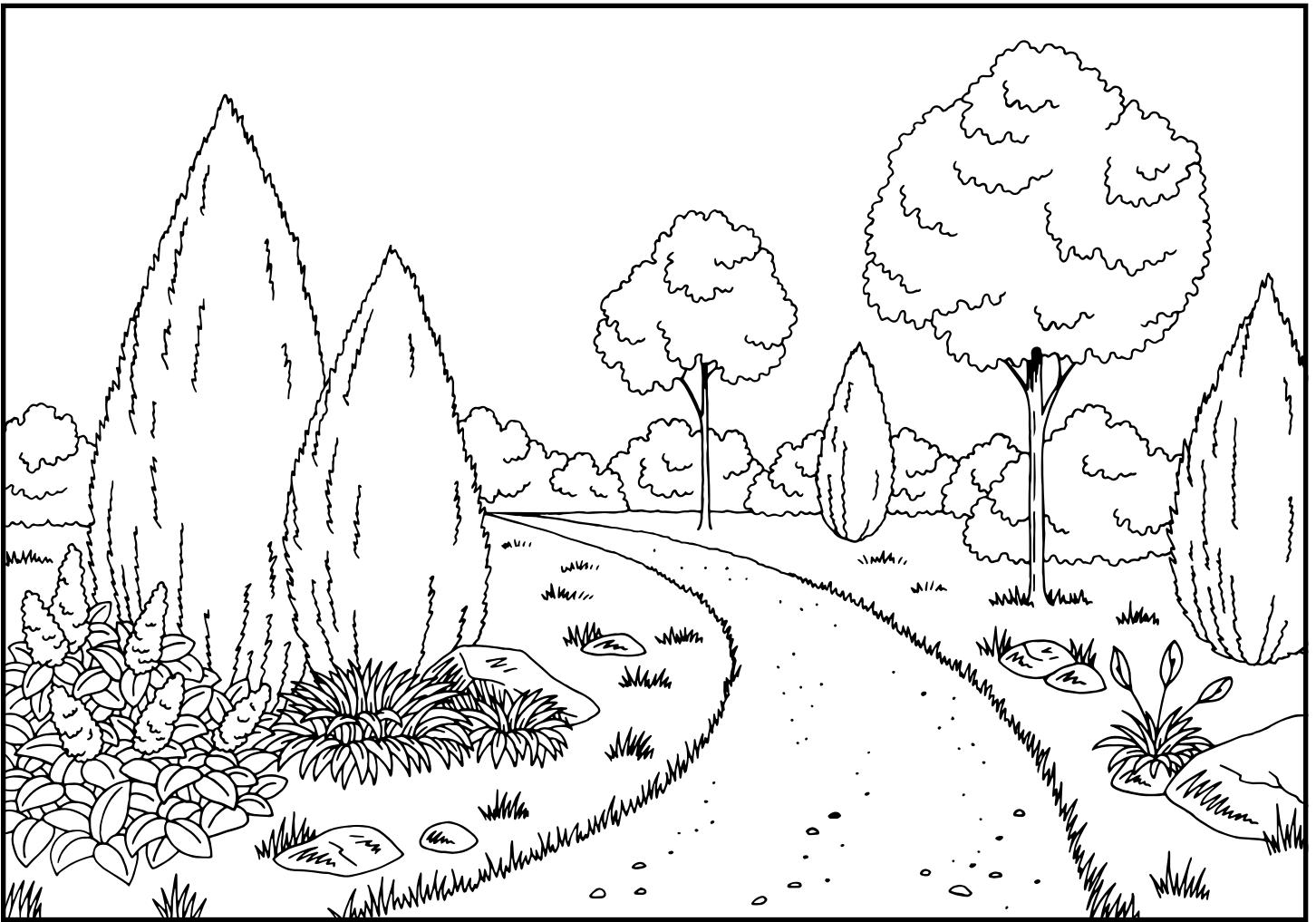
Tell your doctor:

- You had a tick bite!
- Where the bite was on your body?
- How long you have been sick?
- Where were you when you got the tick bite?





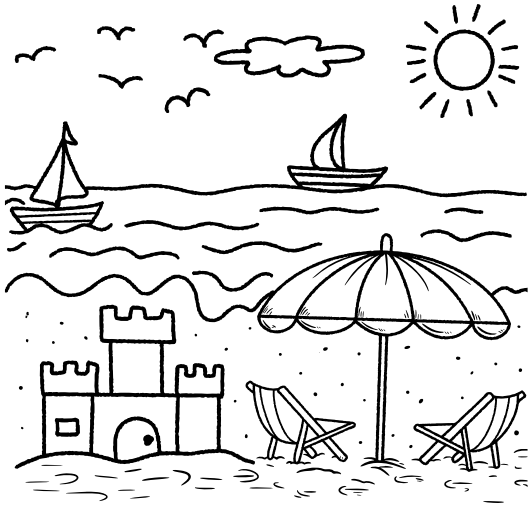
Ee is for Environment



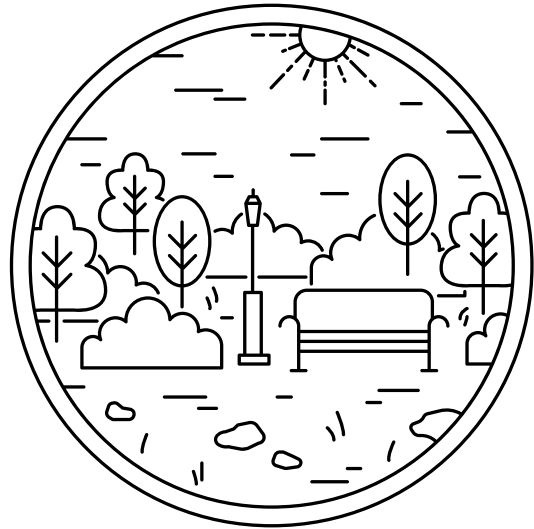
Ticks live in tall grasses, plants, and leaves.
Remember to walk in the center of trails.

Would a tick live here?

Circle YES or NO.



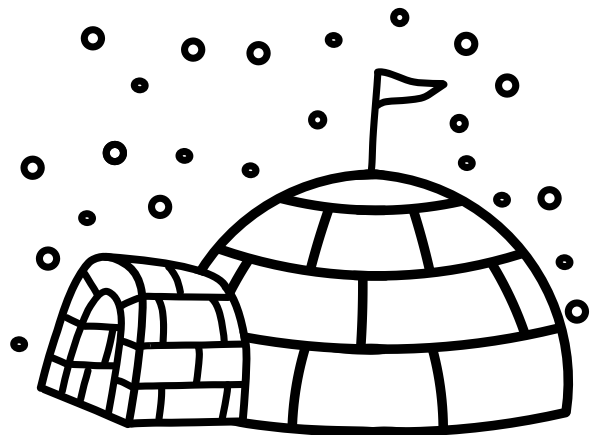
YES NO



YES NO



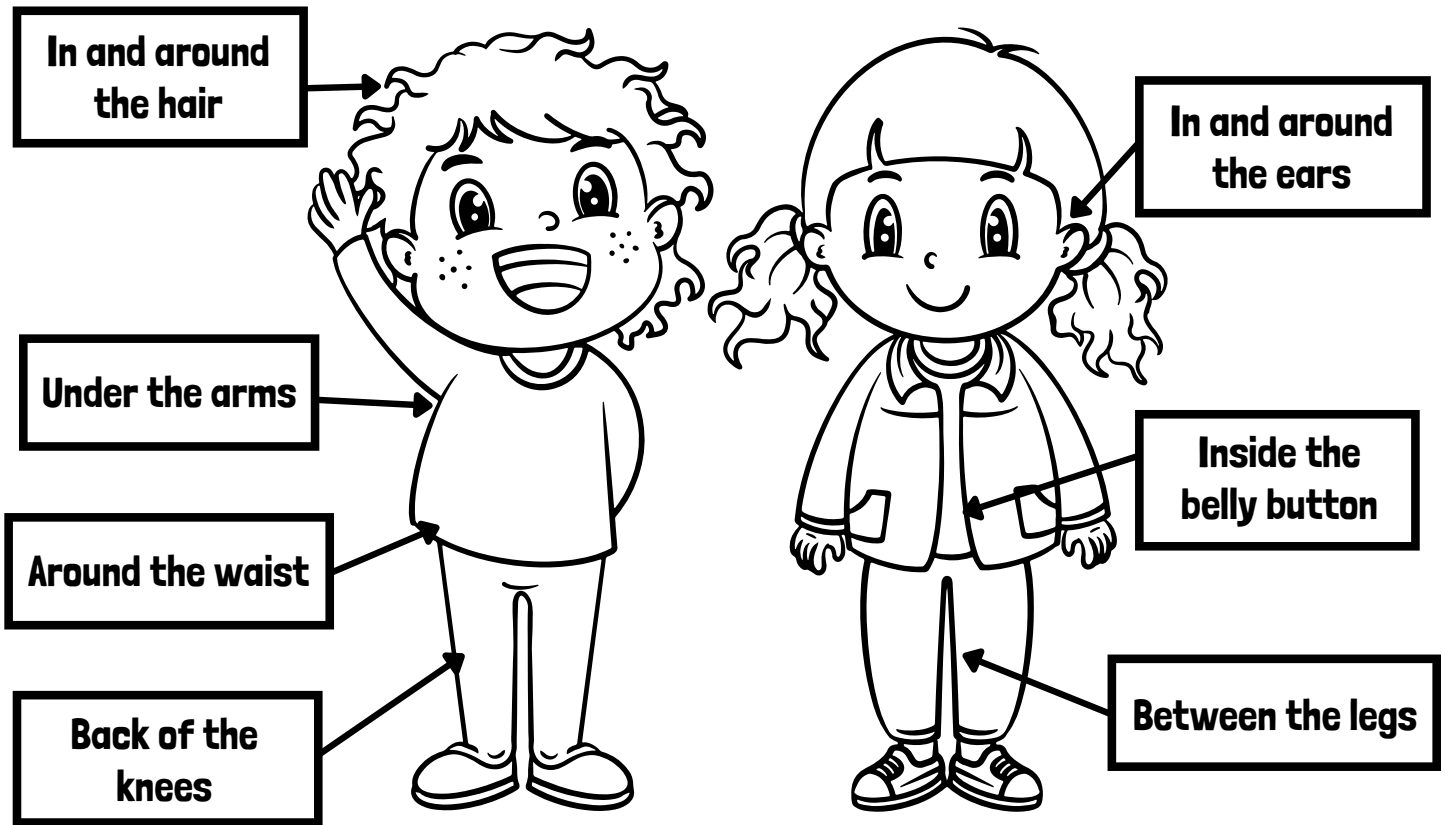
YES NO



YES NO

Ff

is for
**Full Body
Check**



Check your body for ticks.

Check your body for ticks after being outdoors!

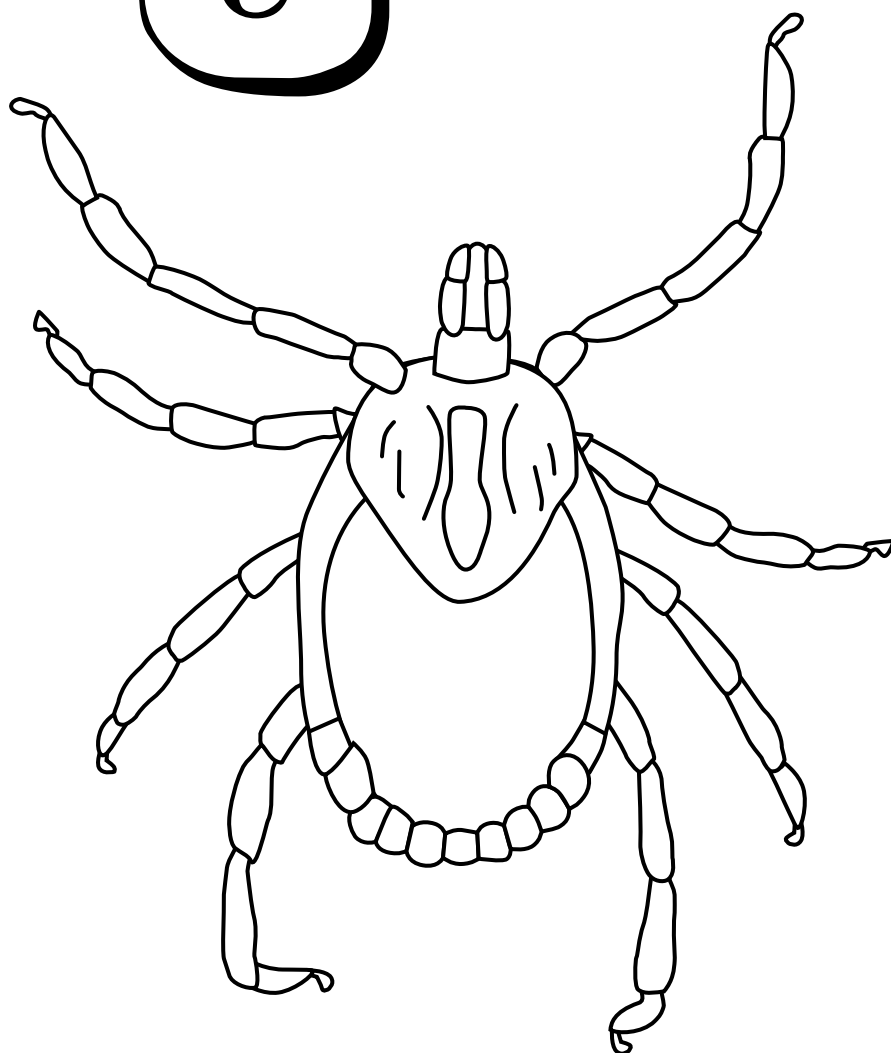
**Circle the places to
check for ticks.**

- Under arms
- Ears
- Belly button
- Knees
- Hair
- Waist



Gg

is for
**Gulf Coast
Tick**

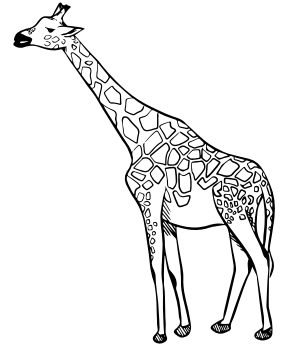


Gulf Coast ticks like to be hot. They live in prairies and tall grasses with sunshine.

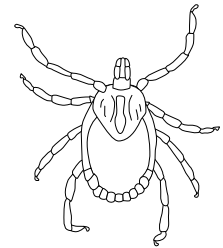
Matching Activity

Match the “G” word with the picture.

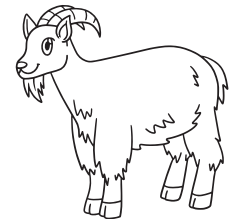
Goat



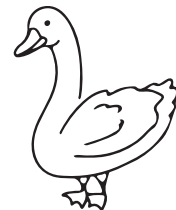
Giraffe



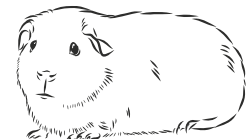
Guinea pig



Gulf Coast tick

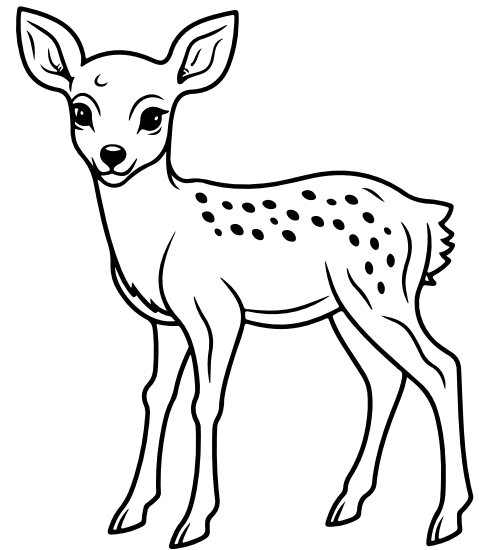
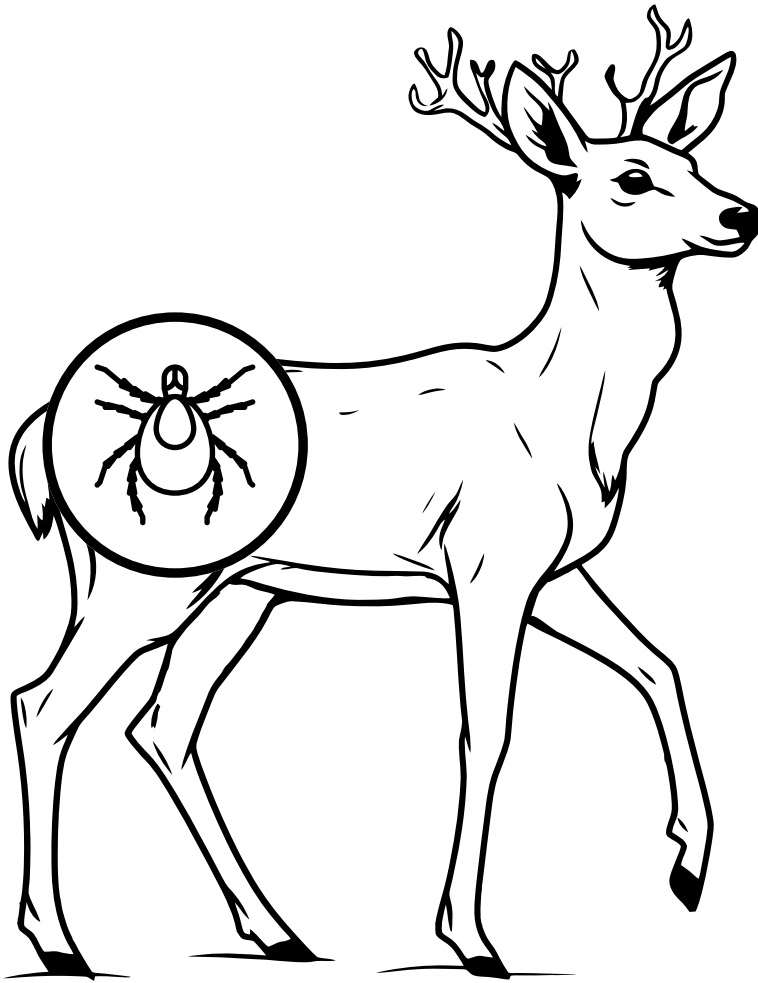


Goose



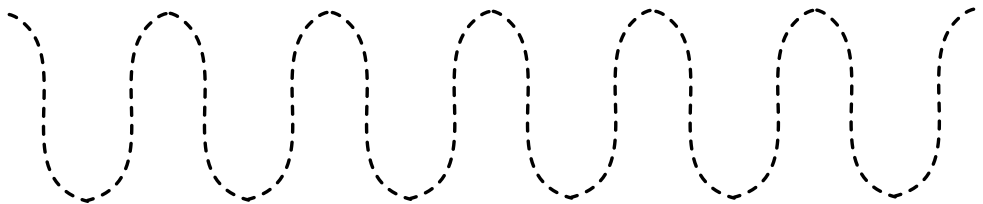
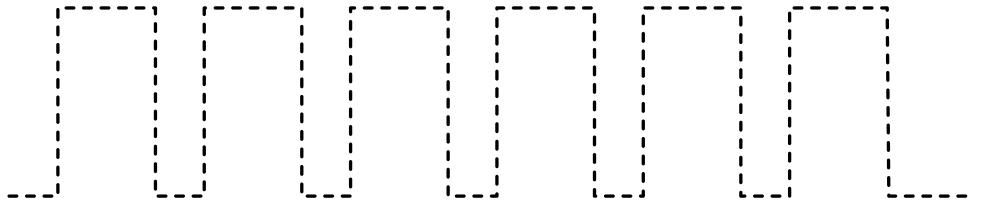
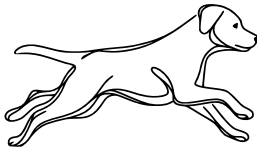
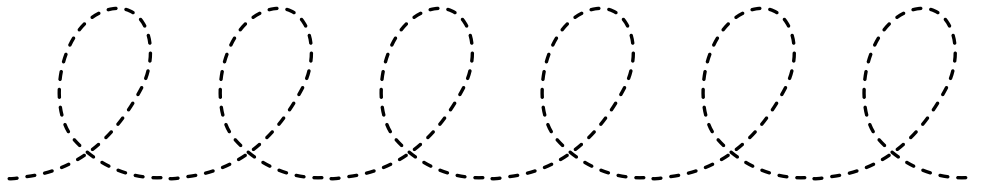
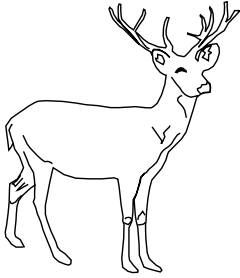
Hh

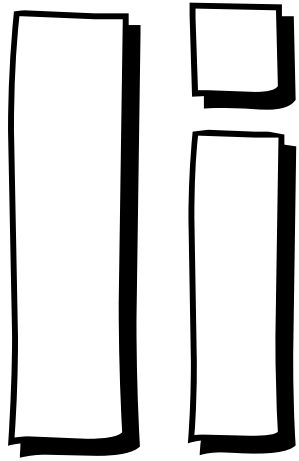
is for
Host



A host is an animal that has a tick on it. Ticks eat blood to grow.
Ticks can feed on animals and people.

Tracing Activity





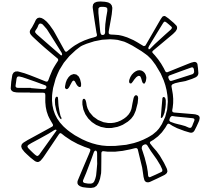
is for **Insect Repellent (Bug Spray)**

Bug spray can help keep bugs from biting you.
Have a grown up help you put bug spray on.

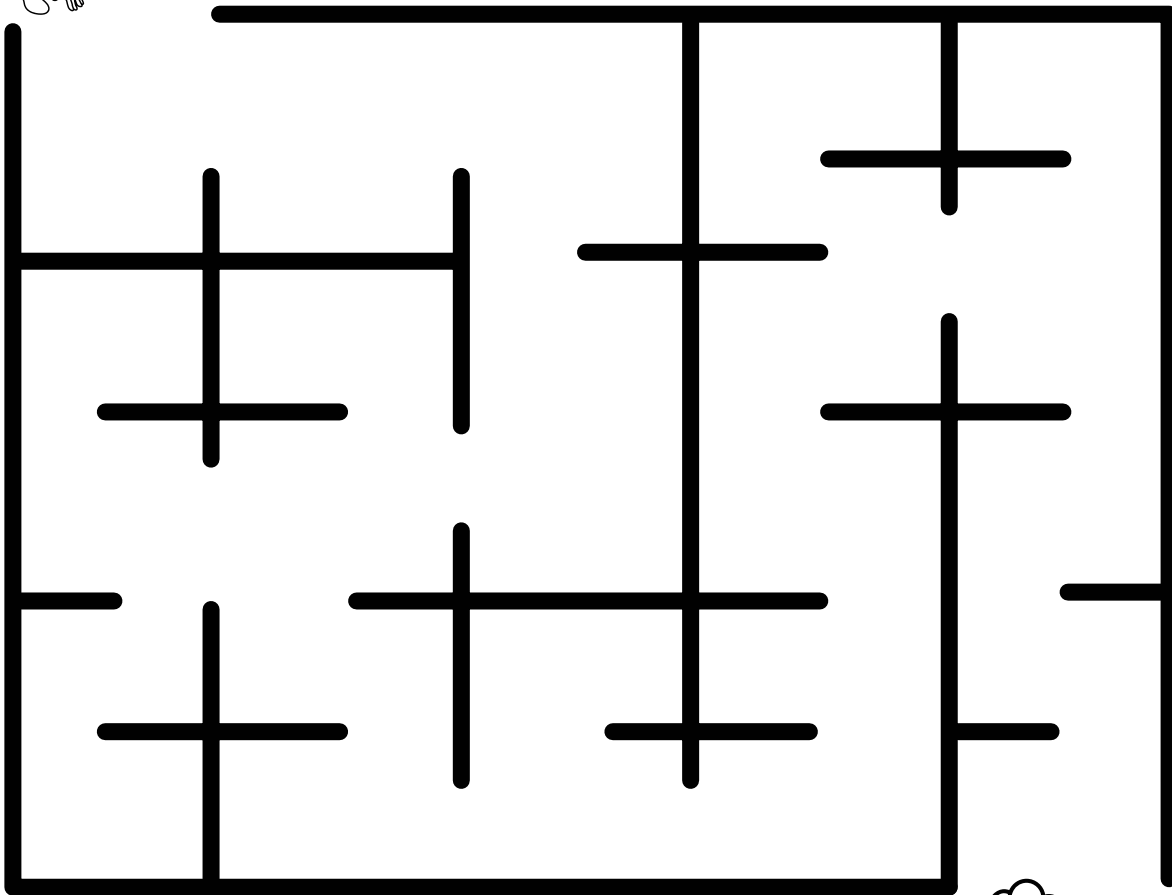


Remember to put sunscreen on before bug spray.

Maze Game

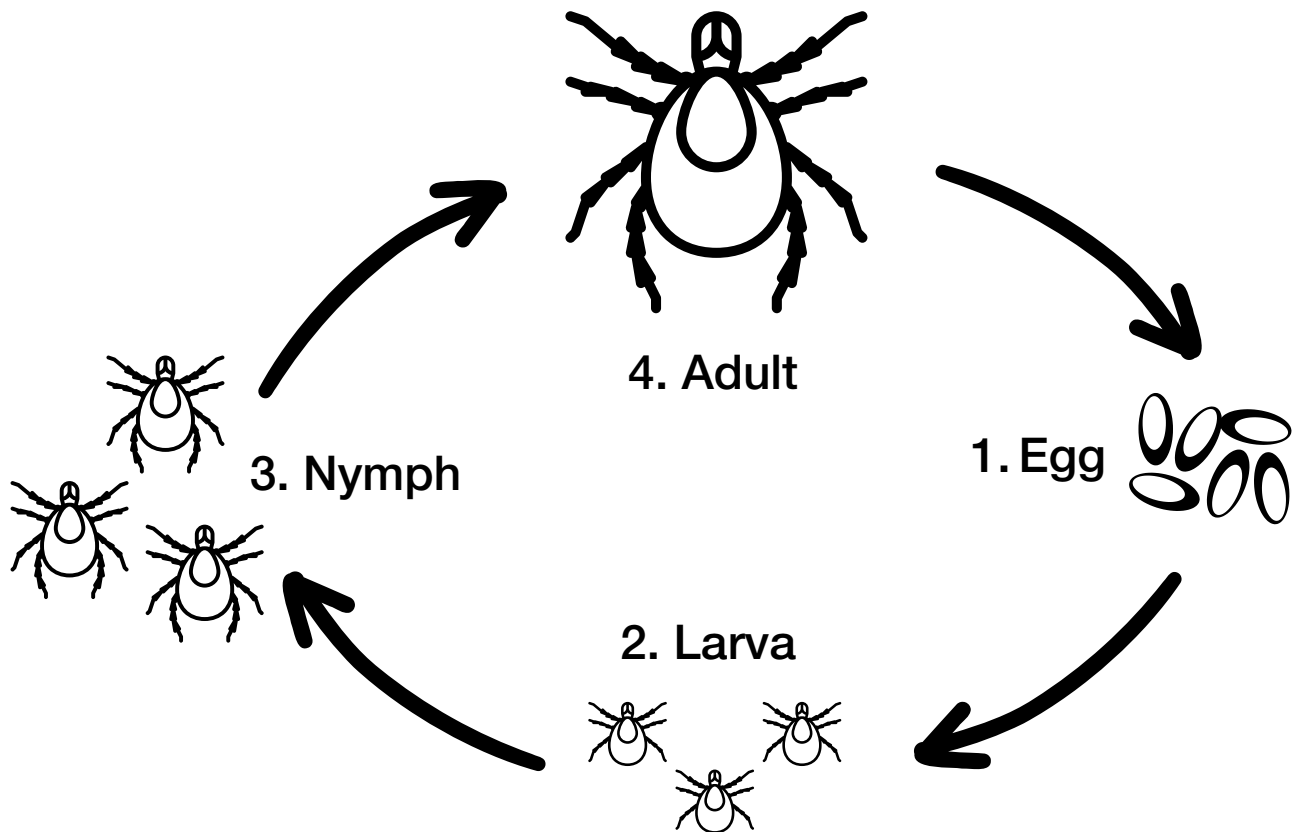


Help the family “Fight the Bite” by finding their bug spray.

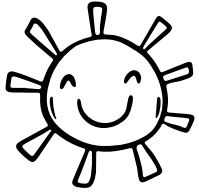


Jj

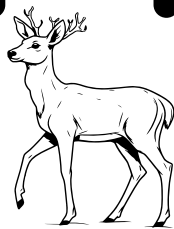
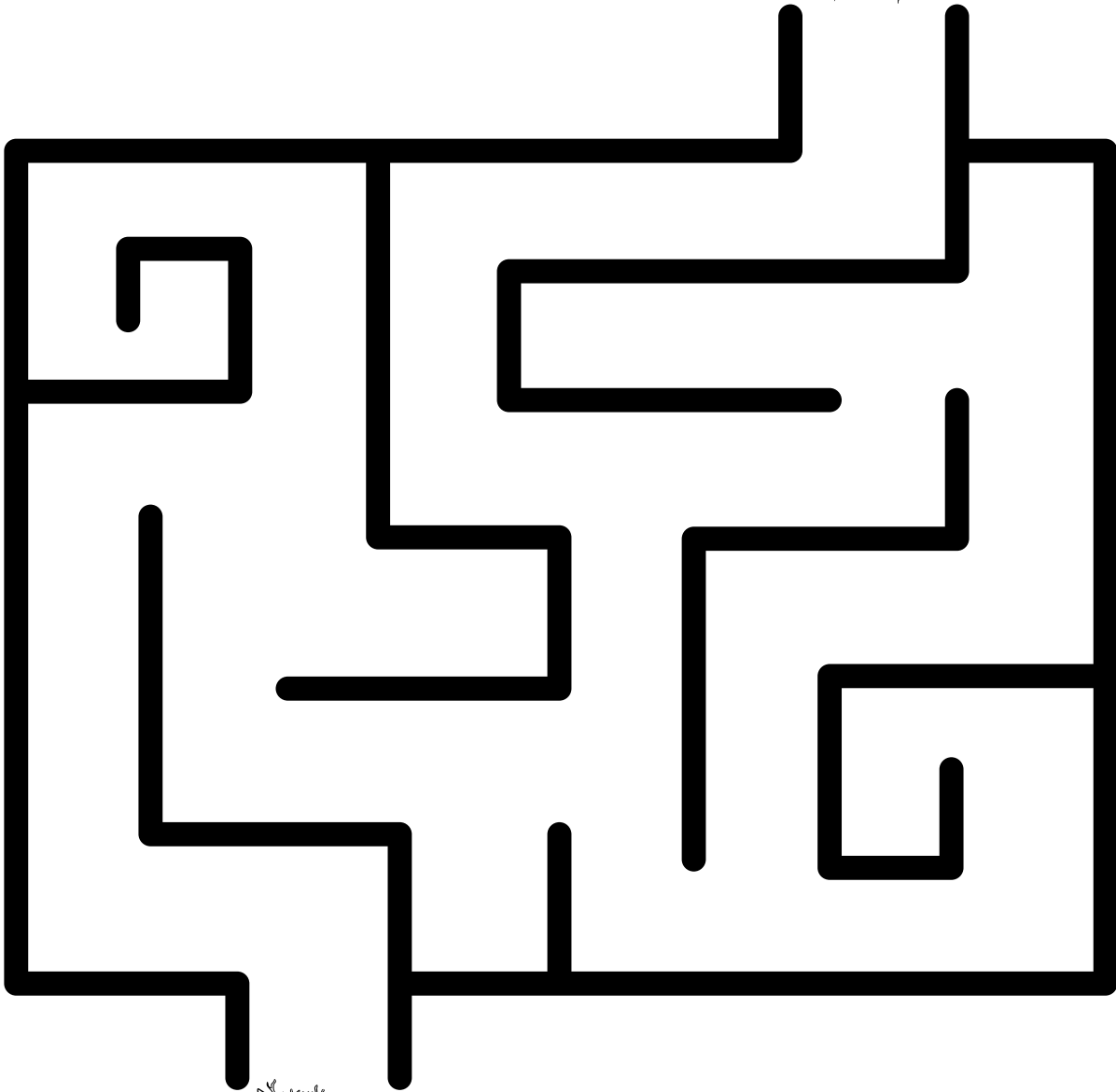
is for
Journey



Ticks begin as eggs. Ticks hatch into larva with six legs. Ticks eat and become nymphs with eight legs. Ticks eat again and become adults.

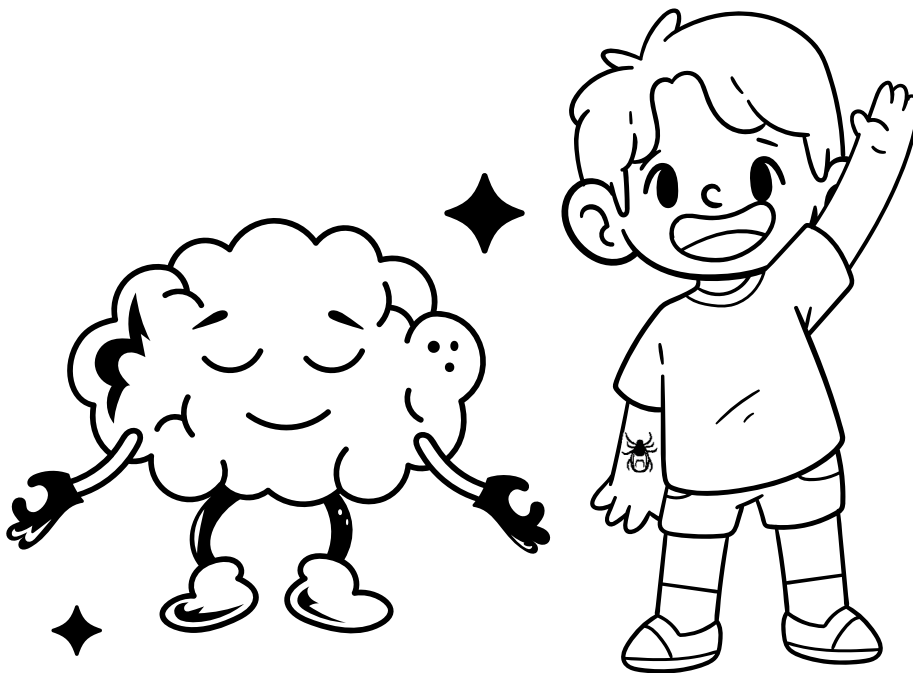


Maze Game



Kk

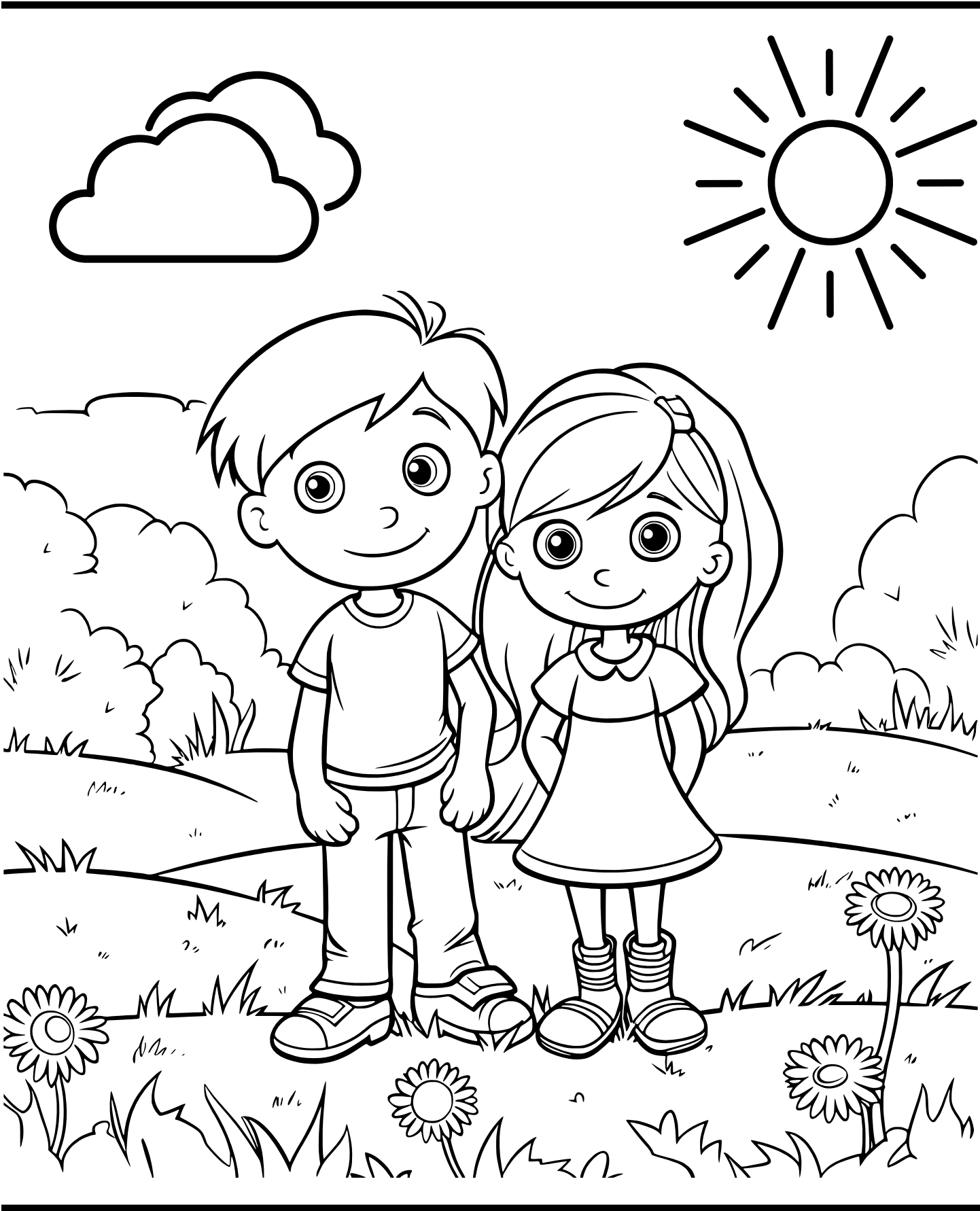
is for
**Keep
Calm!**



KEEP CALM!

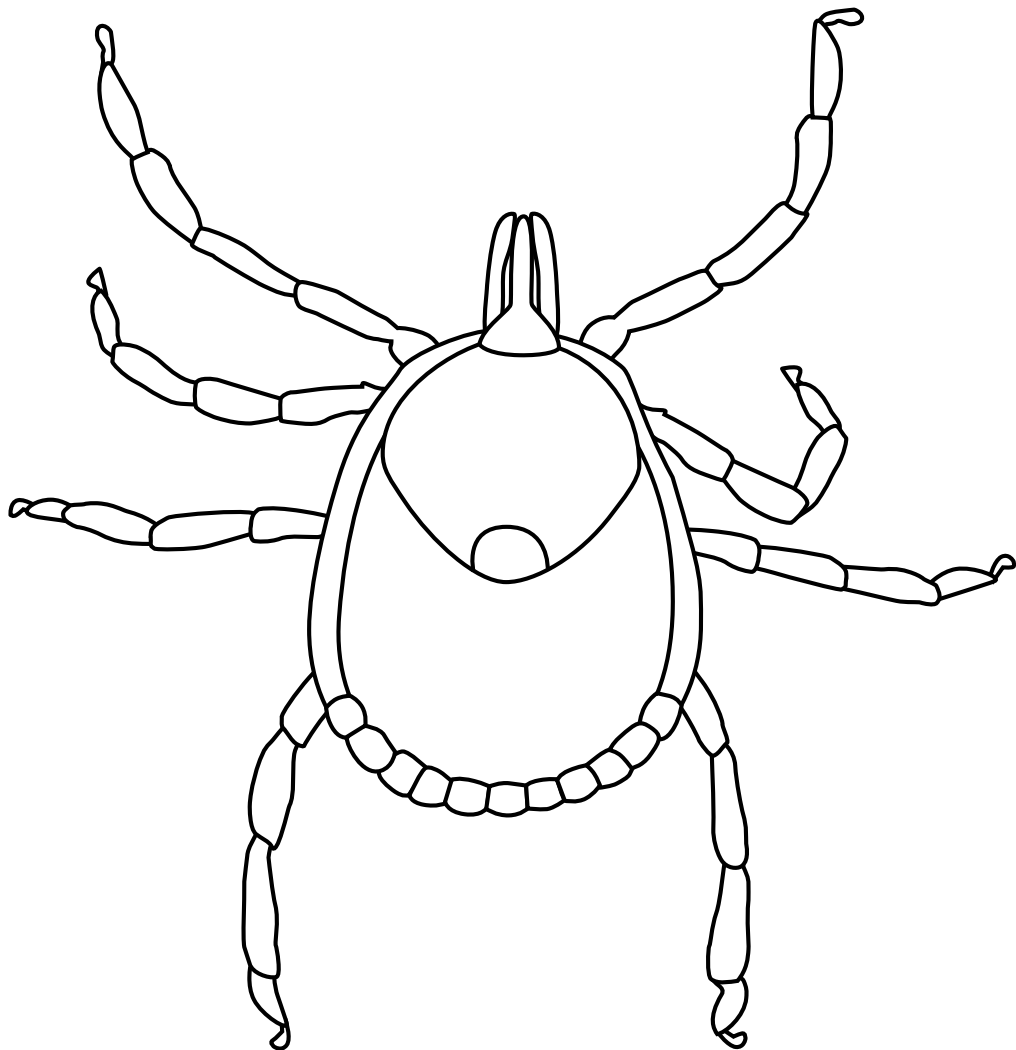
FIND A GROWN-UP!

If you find a tick on you, do not worry. Find a grown-up.
They can help you!



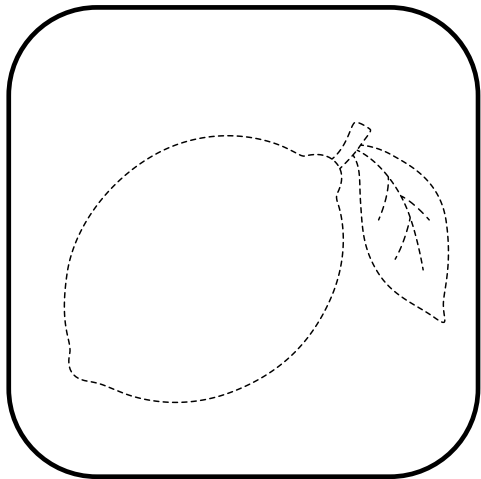
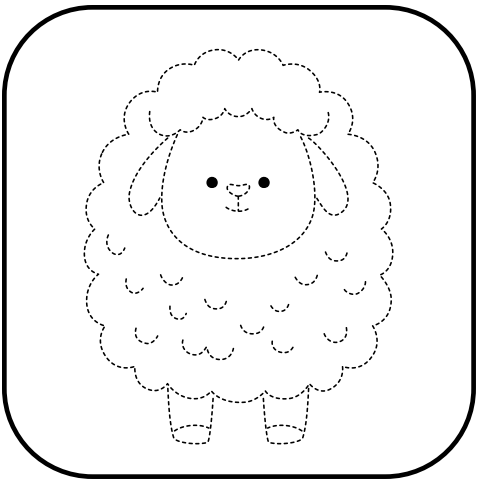
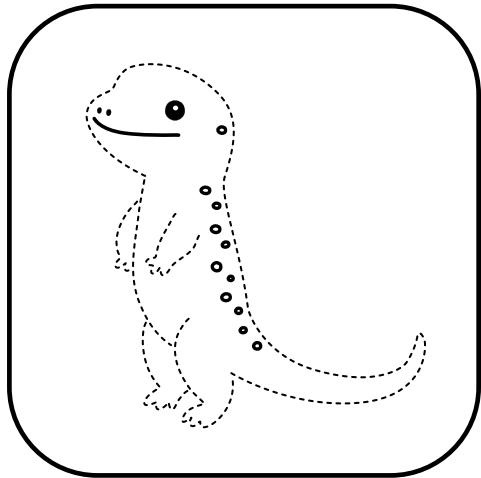
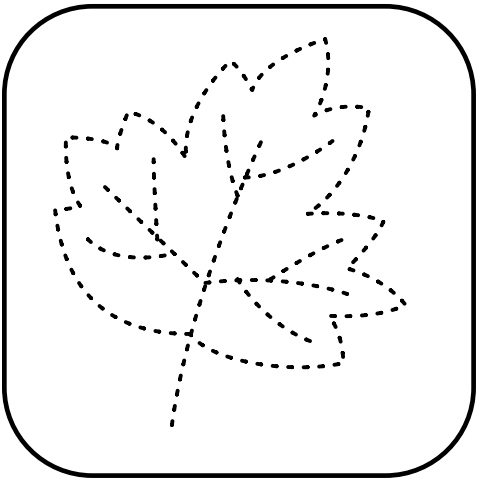
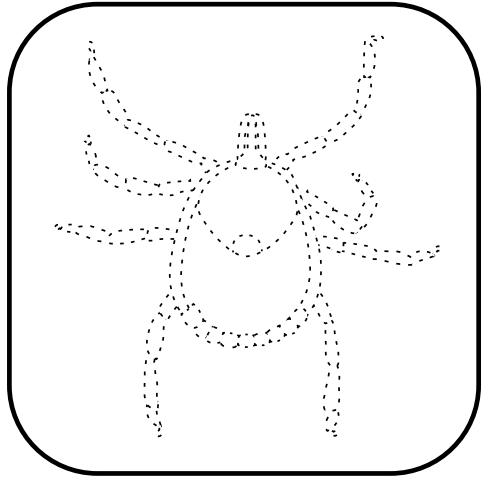
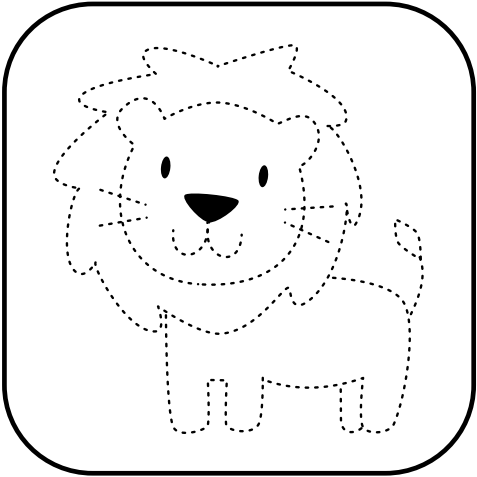
L

is for
**Lone
Star Tick**



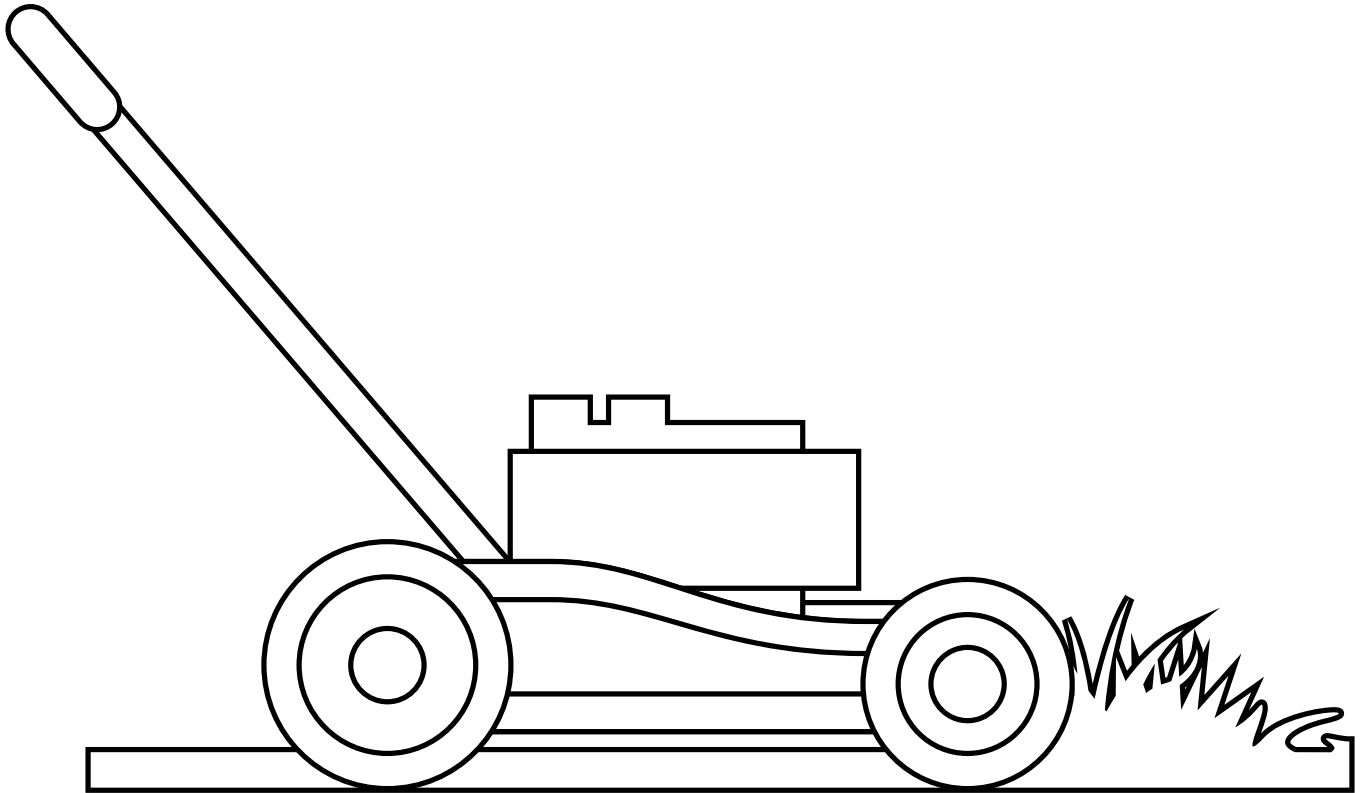
Lone star ticks live in forests and tall grasses.
Sometimes they have a white spot on their back.

Tracing Activity



M m

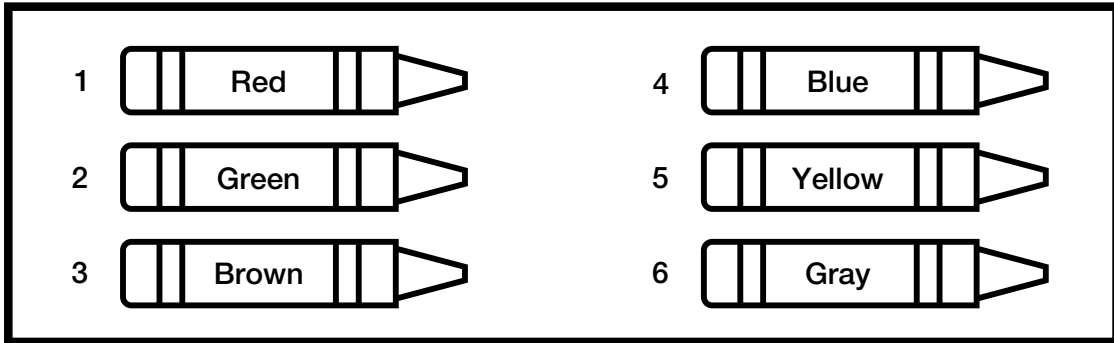
is for
**Mow the
Lawn**



Ticks live in tall grass. Mowing the grass helps keep ticks out of your yard.

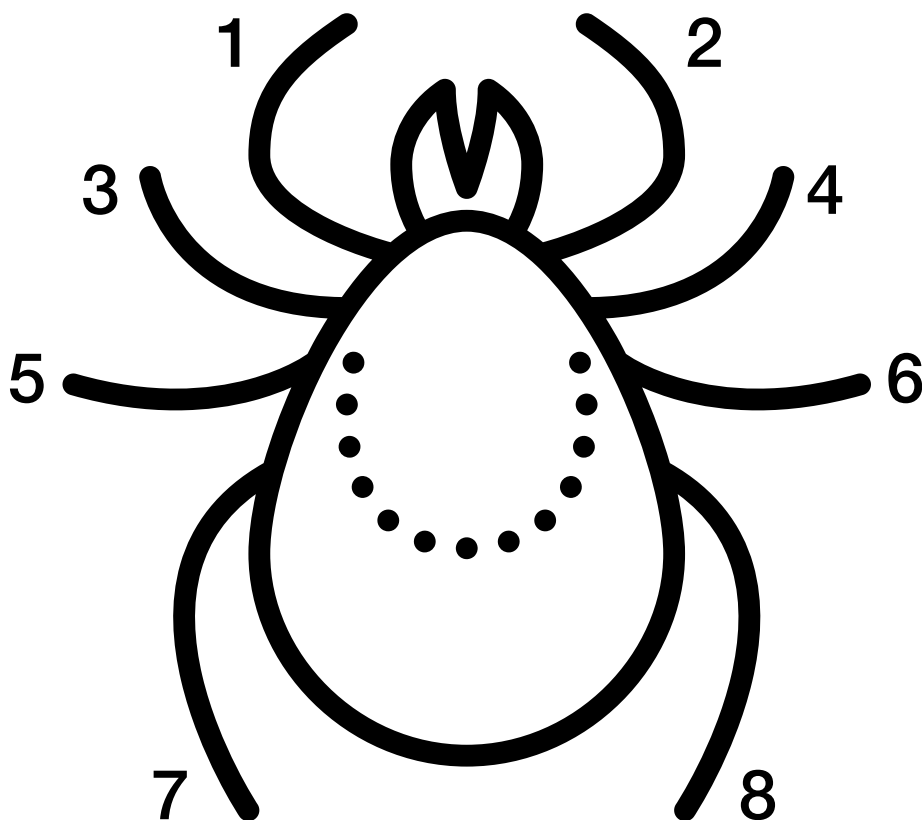
Color by Number

Use the key below to color the picture.



Nn

is for
**Number
of Legs**

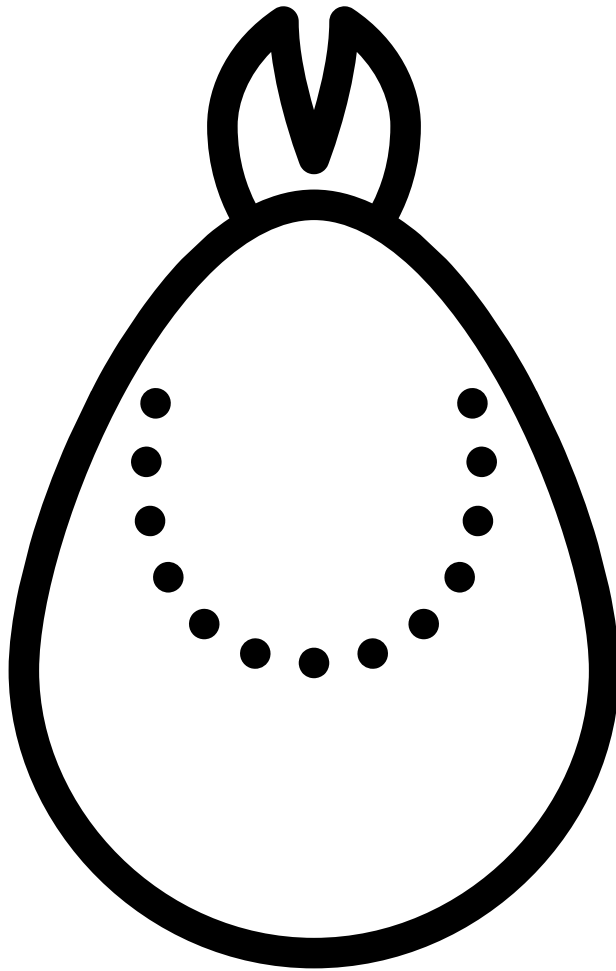


Ticks are related to spiders.
Ticks have eight legs.



Drawing Activity

Draw eight legs on the tick below.



O O

is for
**Outdoor
Activities**

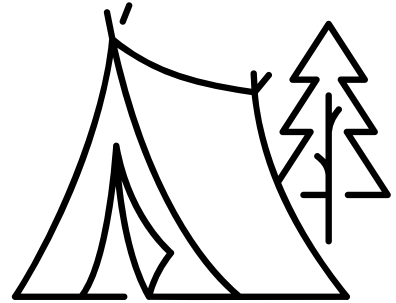


Ticks live outside. They live in parks,
gardens, and campgrounds.

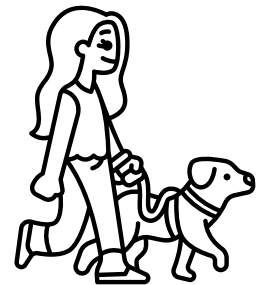
Matching Activity

Match the word with the outdoor activity.

Gardening



Hiking



Camping

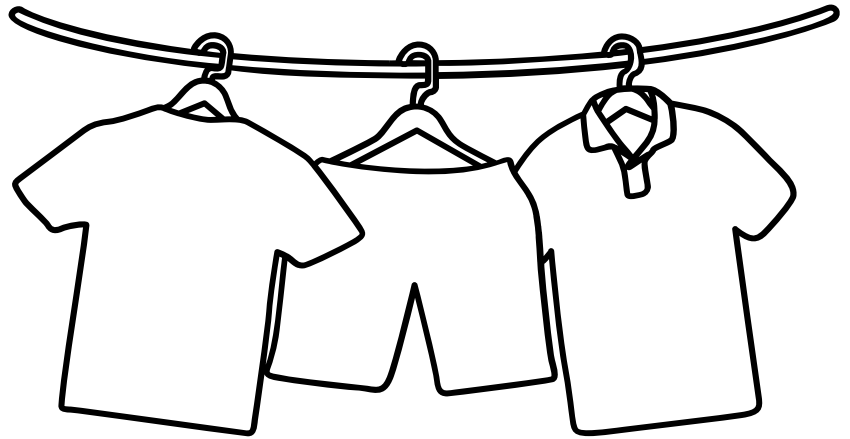
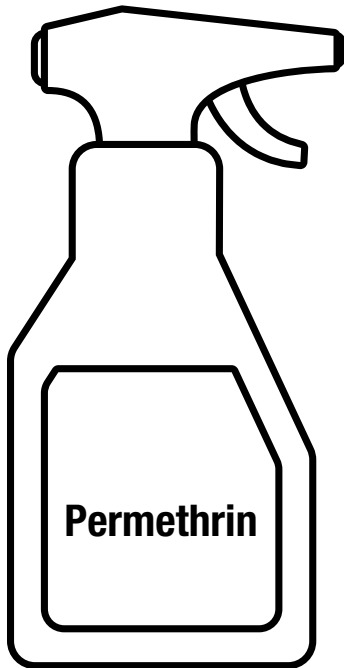


Dog walking



Pp

is for
Permethrin



Grown-ups can put permethrin spray on your clothes. This helps keep ticks from crawling on you.

Coloring Activity

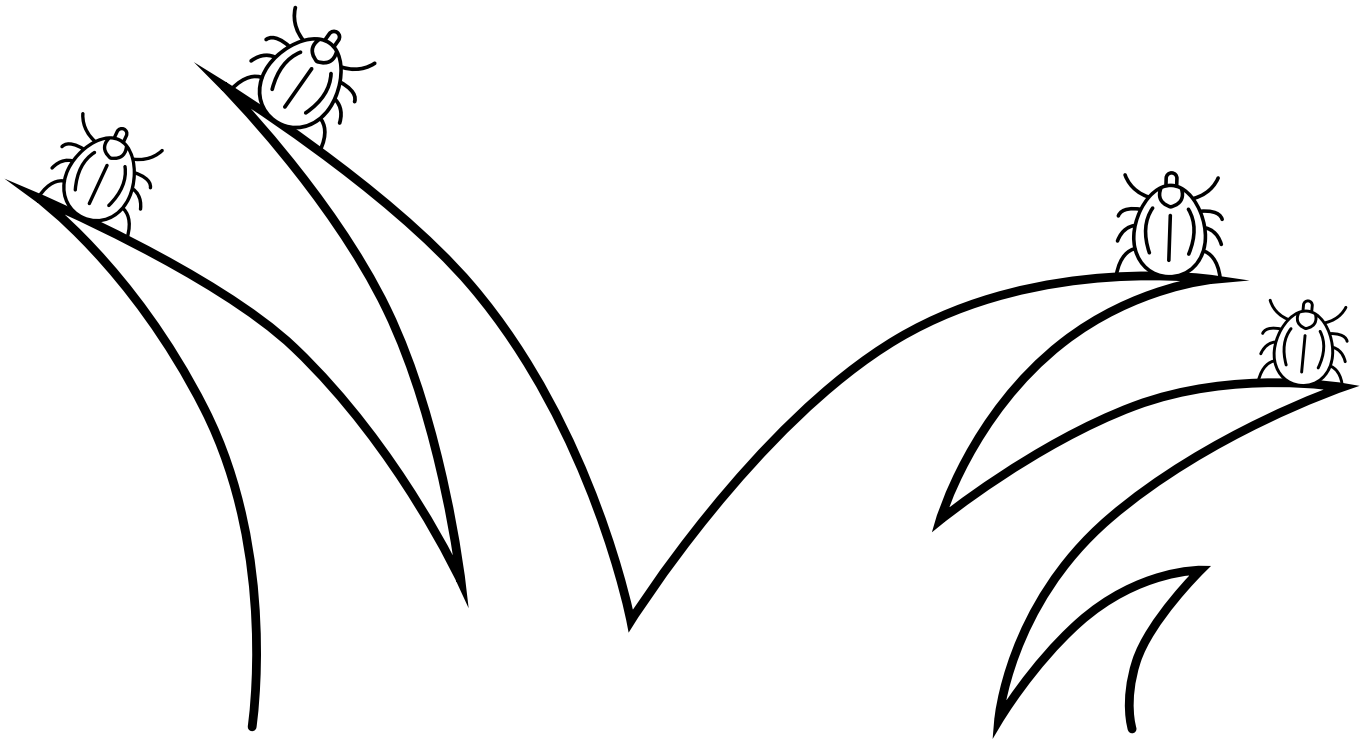
Help “Fight the Bite” by applying permethrin to clothes.



Grown-ups: Please read the instructions carefully.

Q q

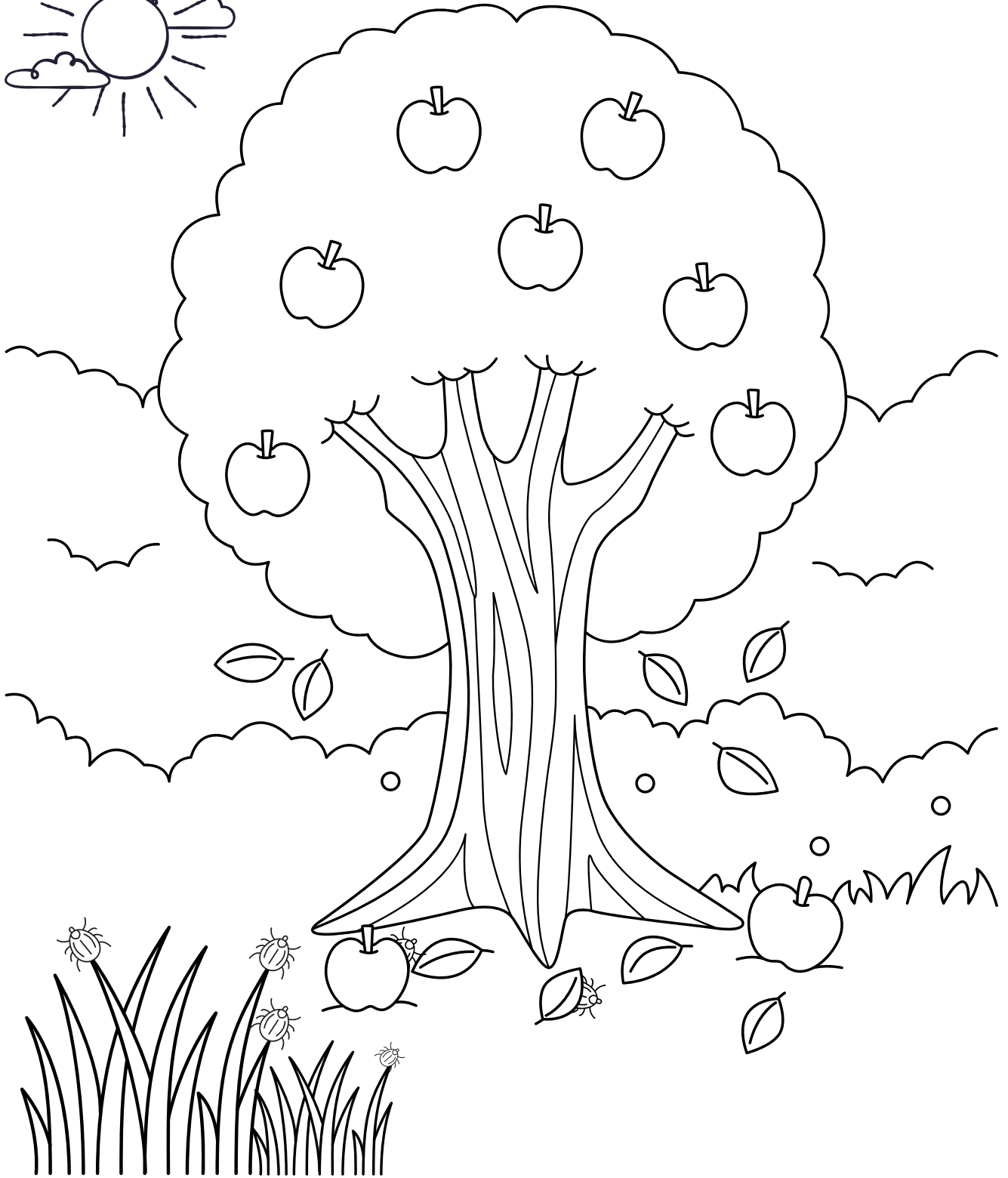
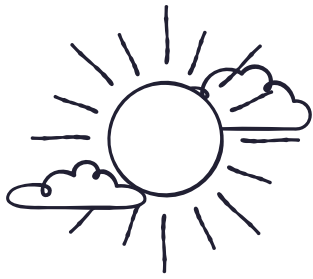
is for
Questing



Hungry ticks sit on the top of tall grass.

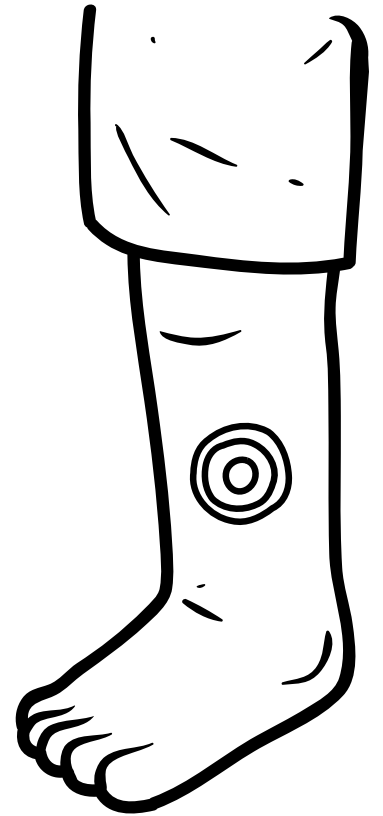
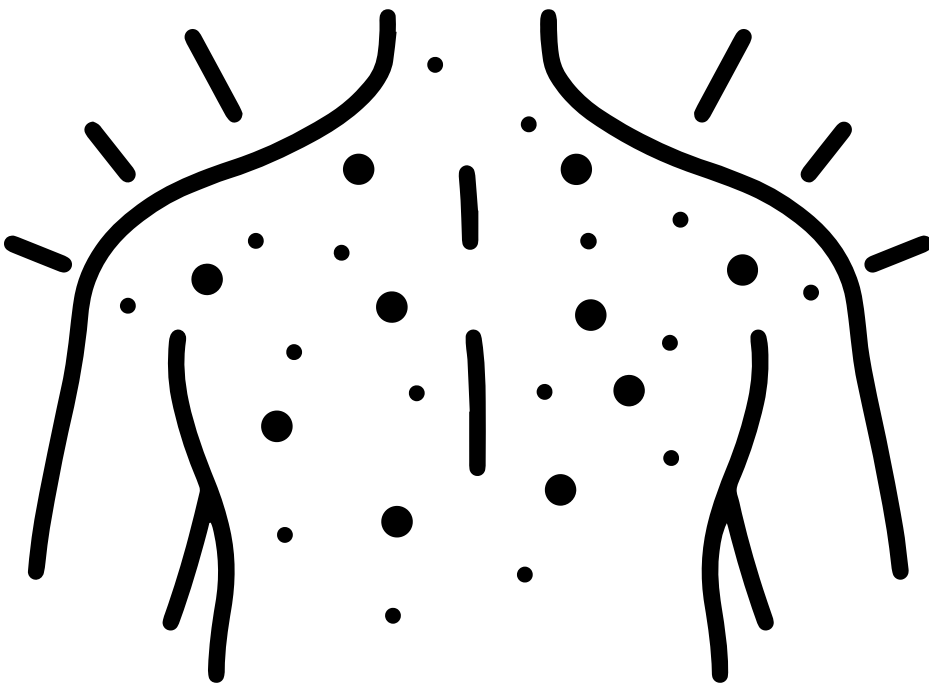
They stick their arms in the air.

This is called questing. Ticks grab onto animals or people that walk by.



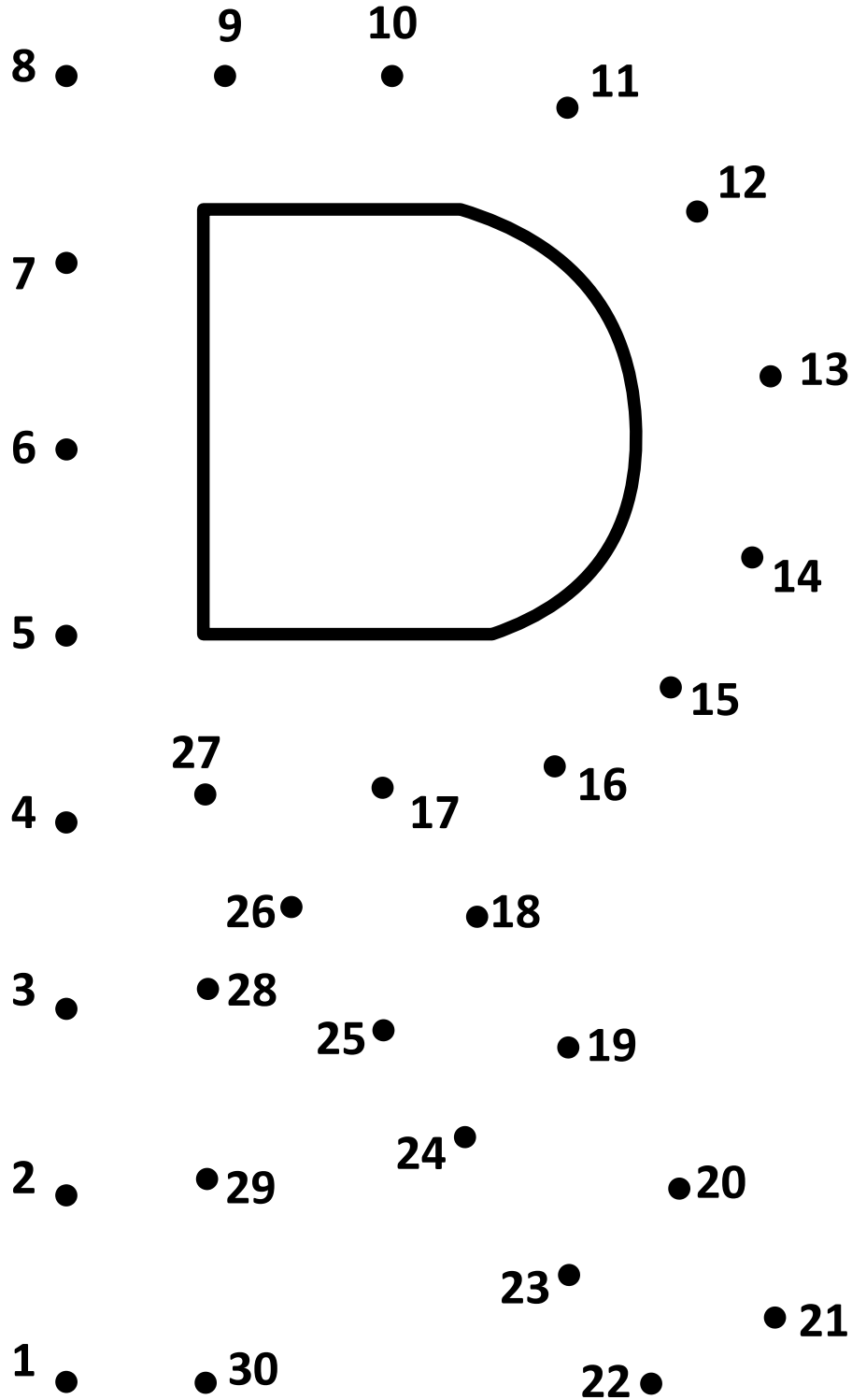
Rr

is for
Rash



Rashes are red bumps on your skin. You can get a rash after a tick bite. Tell a grown-up if you have a rash.

Connect the Dots



Ss

is for
Shower



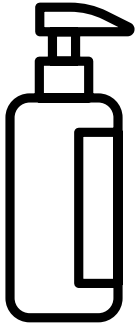
Showers can wash off ticks.
You should take a shower after playing outside.

Matching Activity

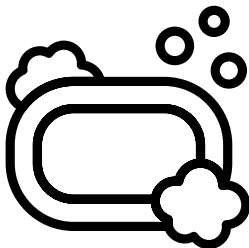
Match the “S” word with the bathroom item.



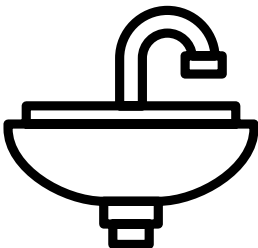
Soap



Sink

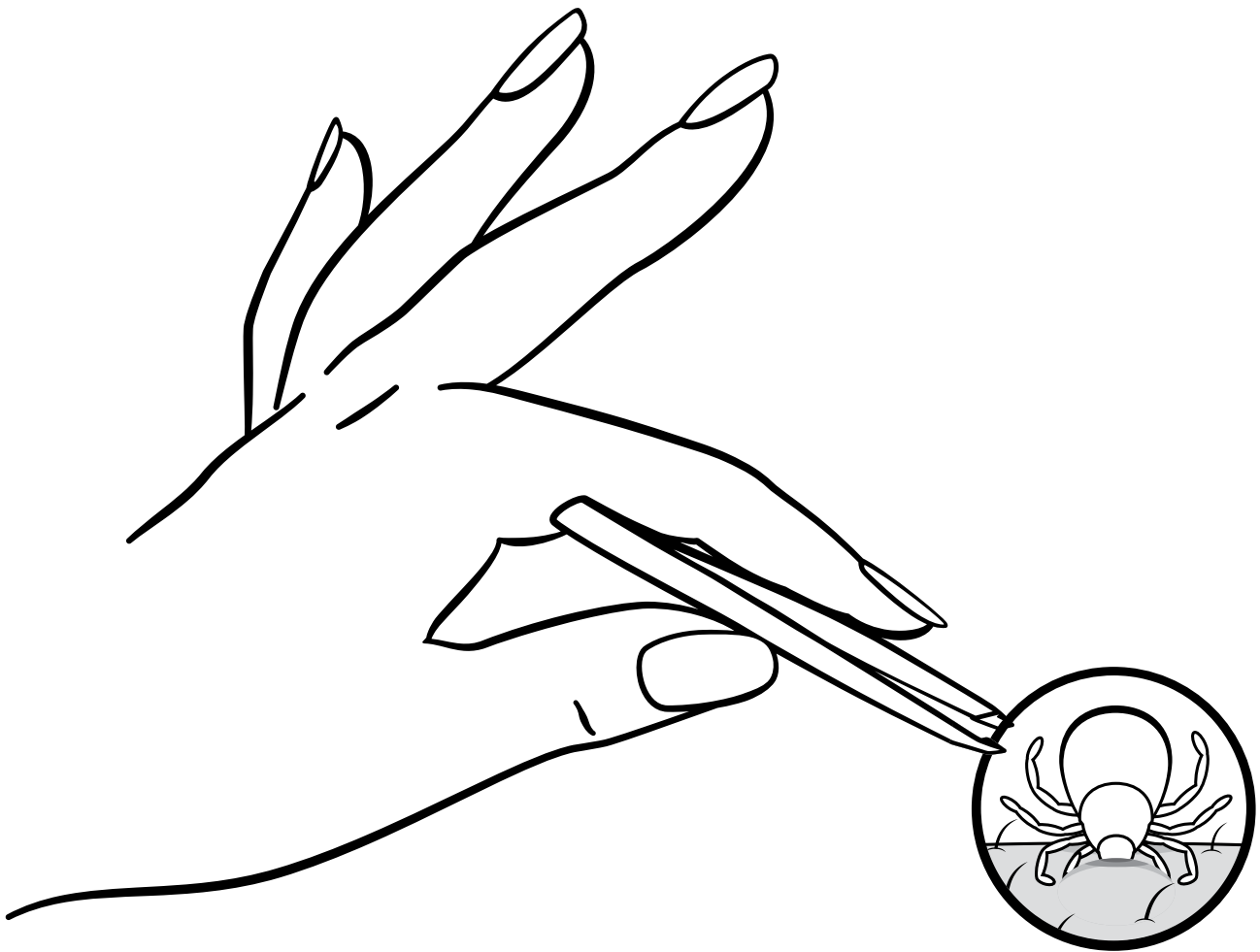


Shower



Shampoo

Tt is for Tweezers



Tell a grown-up if you find a tick.
Ticks can be removed with tweezers.

For Grown-ups: Tick Removal

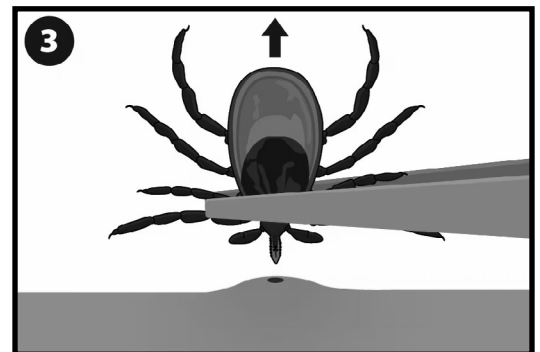
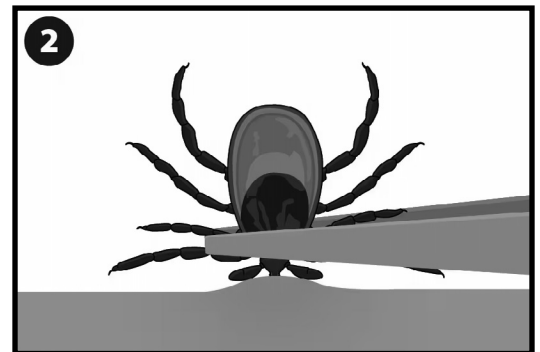
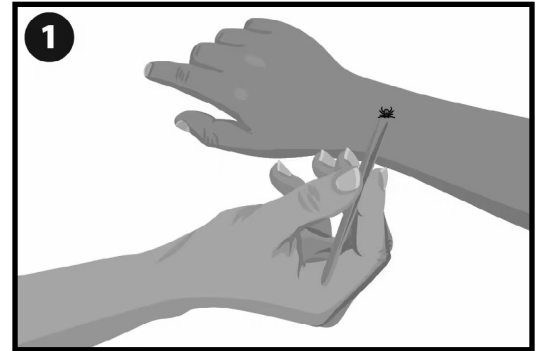
Remove the tick as soon as possible

1. Use fine-tipped tweezers to grasp the tick as close to the skin as you can.
2. Pull upward with steady, even pressure. Don't twist or jerk the tick.
3. After removing the tick, clean the bite area and your hands with rubbing alcohol or soap and water.
4. Never crush a tick with your fingers. Dispose of a live tick by putting it in alcohol, in a sealed bag/container, or wrapping it tightly in tape. Consider saving the tick in a bag for identification. Note the person's name, date, bite site, and estimated tick attachment duration.

Watch for symptoms for 30 days

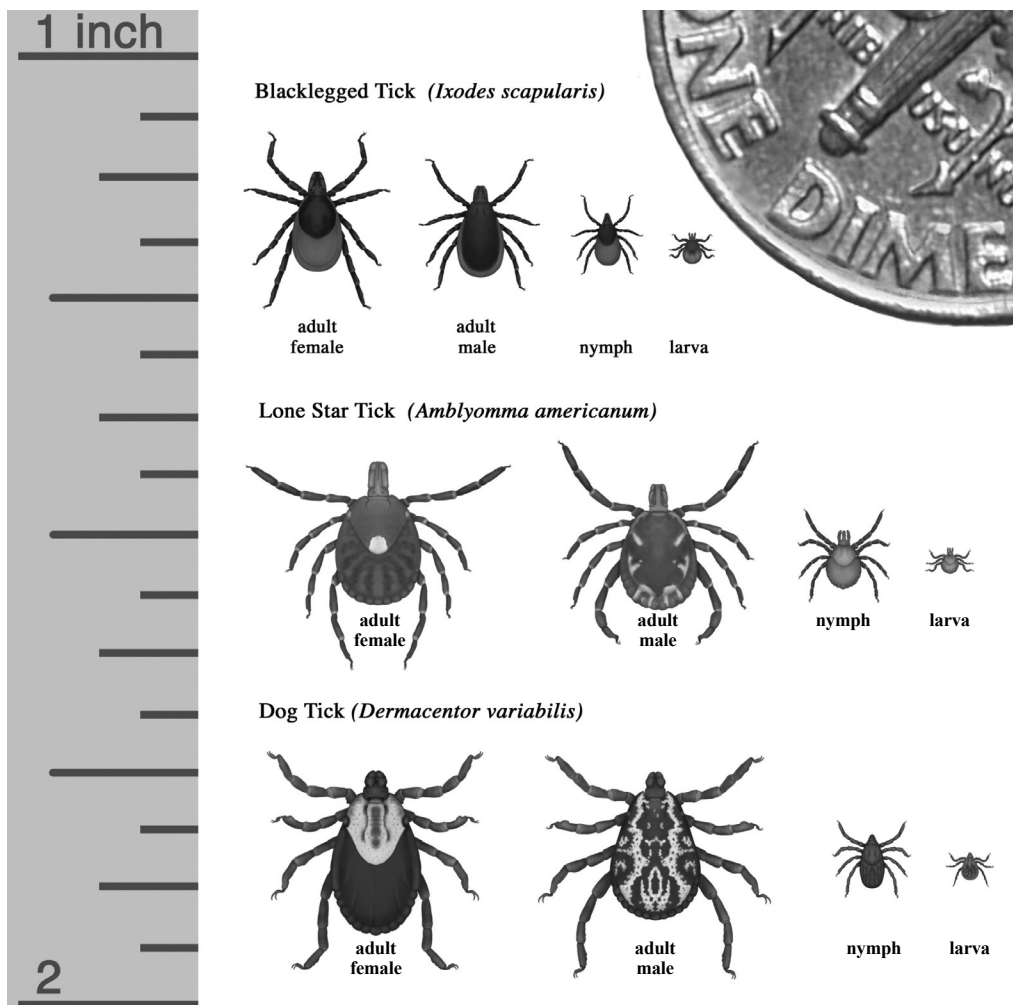
Call your health care provider if you get any of the following:

- Rash
- Headache
- Fever
- Muscle pain
- Fatigue
- Joint swelling and pain



U U

is for Unnoticed



Unnoticed means not seen. Ticks are very small.
Sometimes they are hard to find.

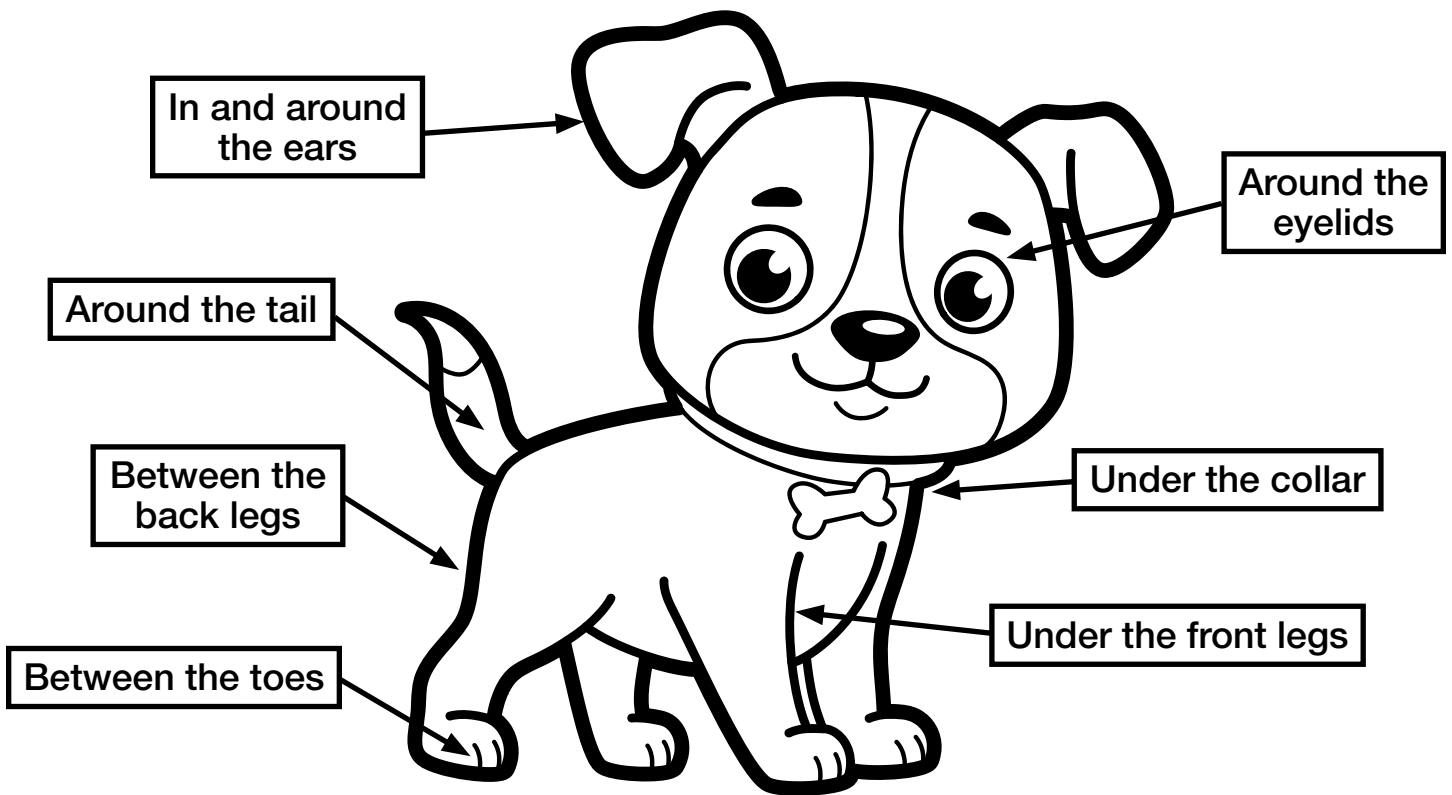
Search Activity

Can you find all 10 ticks on the leaf below?



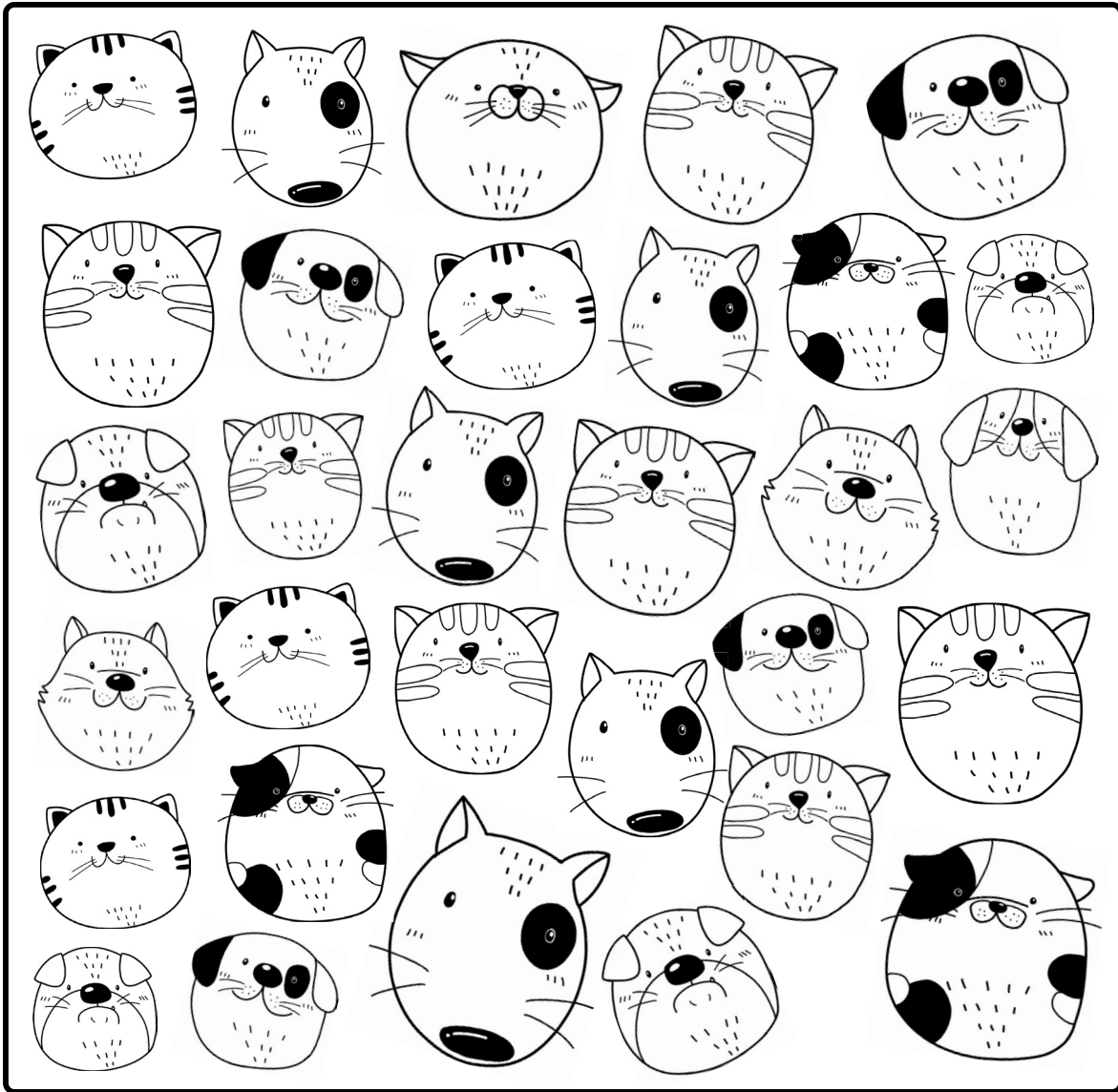
V v









is for
Vet



- Check your pets for ticks every day.
- Run your fingers through your pet's fur to feel for small bumps.
- Ask your vet about ways to keep ticks off your pets.

Count the Pets

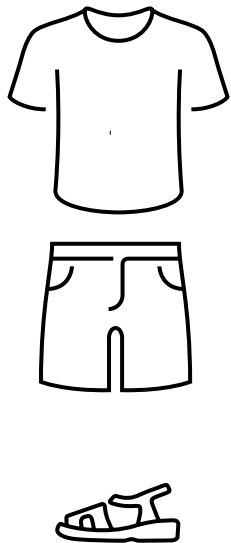


	<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>
	<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>

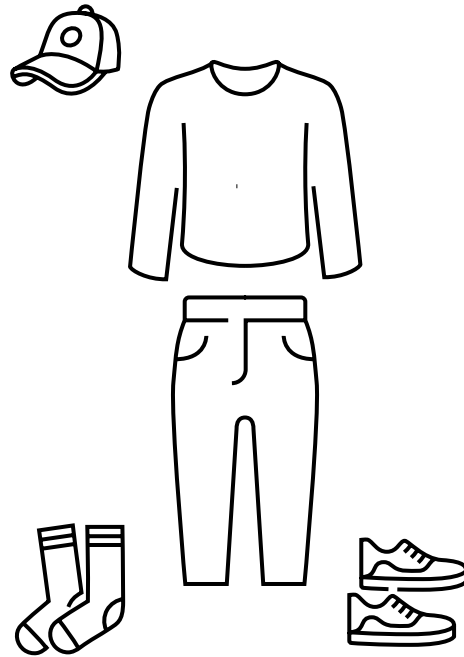
W w

is for
**What to
Wear**

⊗ No



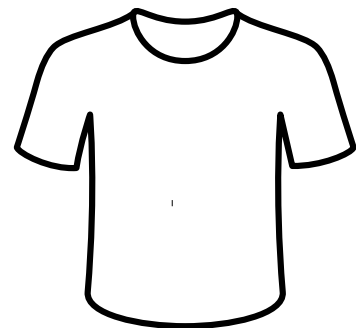
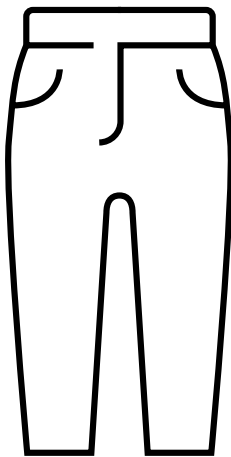
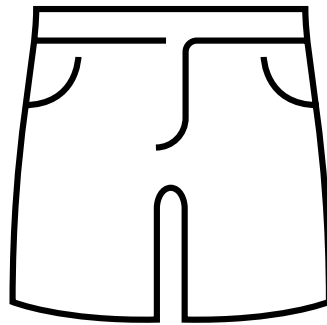
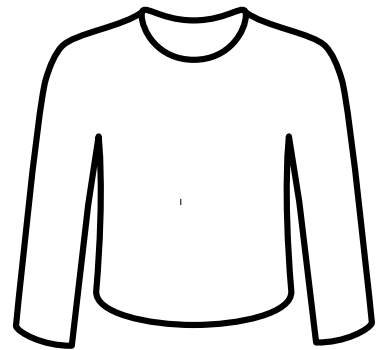
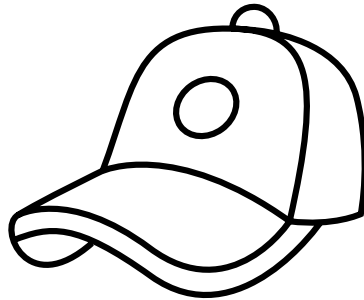
⊙ Yes



Ticks are dark colored. Wear light-colored pants and shirts so you can easily see the ticks. Tuck your shirt into your pants. Tuck your pants into your socks. Always wear sneakers or boots.

Coloring Activity

Color what to wear outside.



Xx

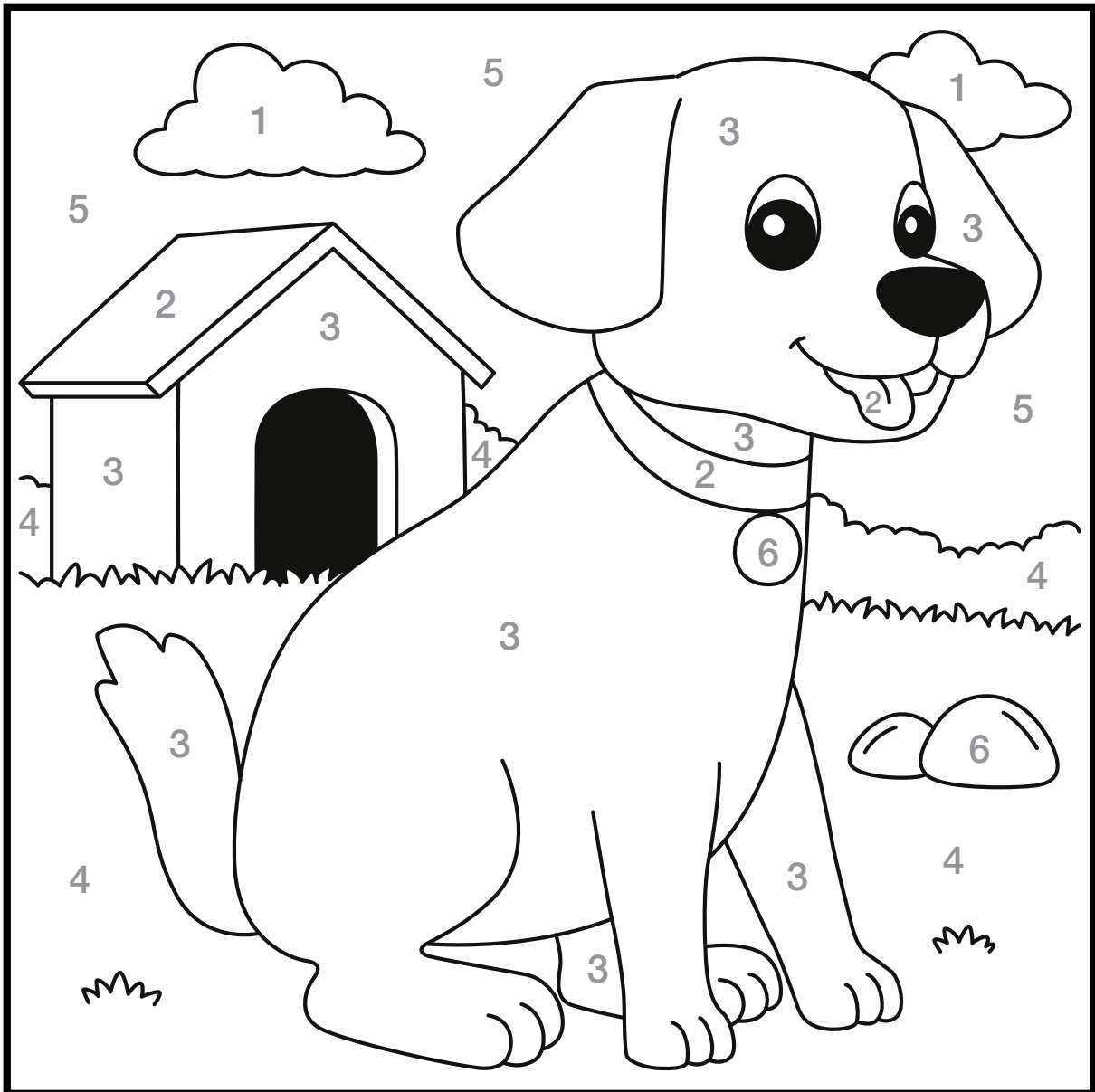
is for
**eXamine Pets
and Gear**



You and your pets can bring ticks inside.
Look for ticks on your clothes and pets.

Color by Number

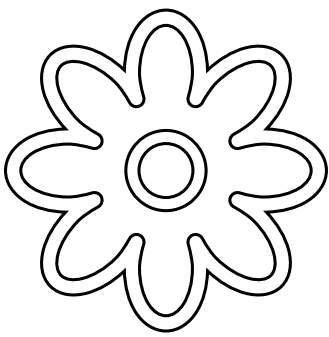
Use the key below to color the picture.



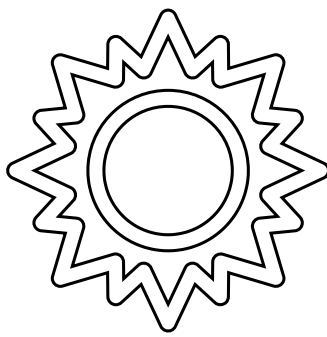
Yy

is for
Year-round

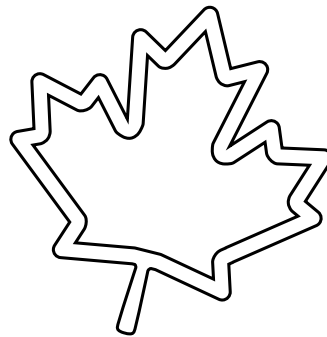
Ticks can be found all year. Ticks are most active when it is warm outside.



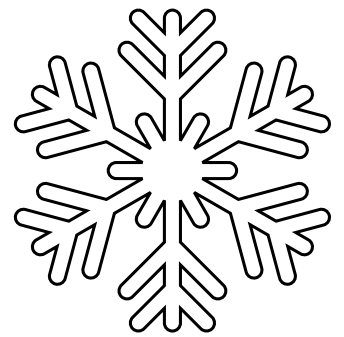
Spring



Summer



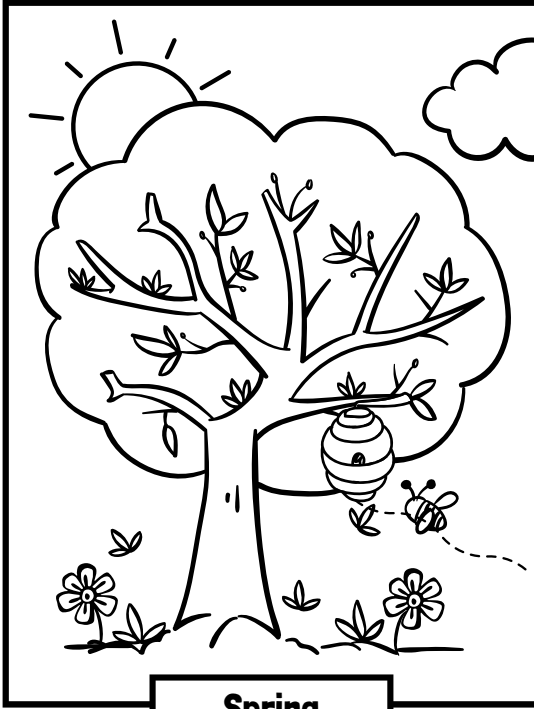
Fall



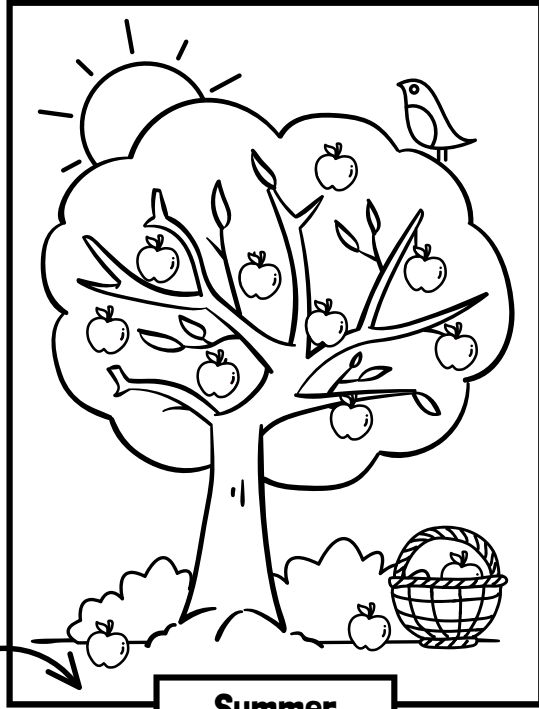
Winter

Ticks are not out if it is freezing outside.

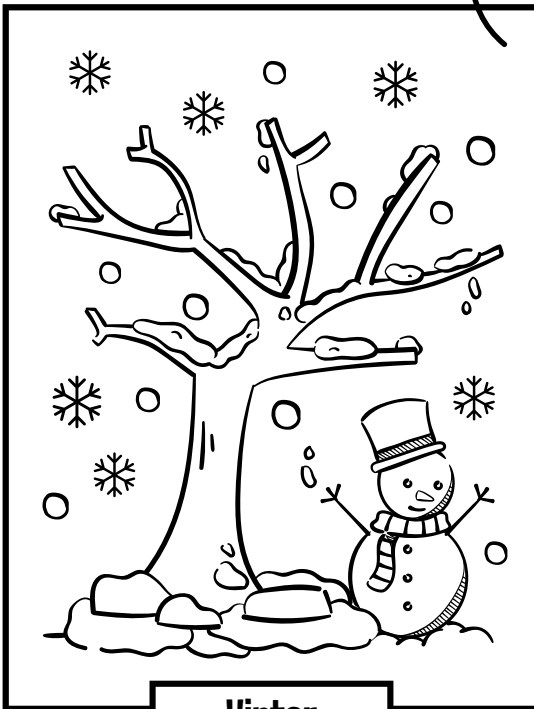
Coloring Activity



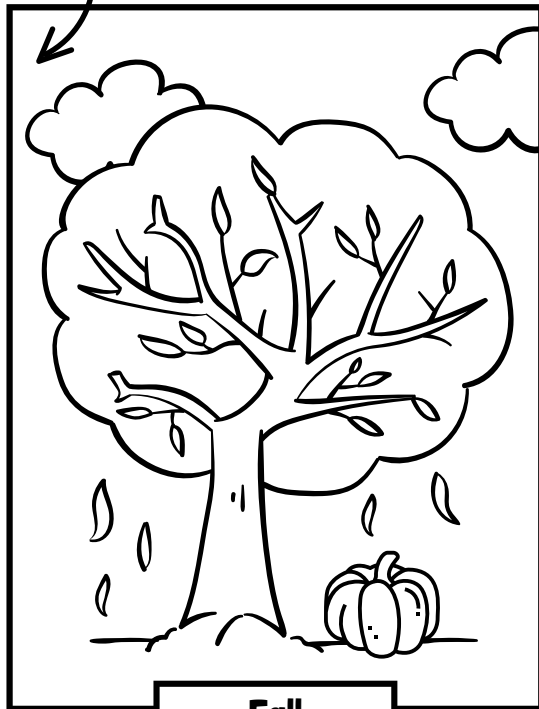
Spring



Summer



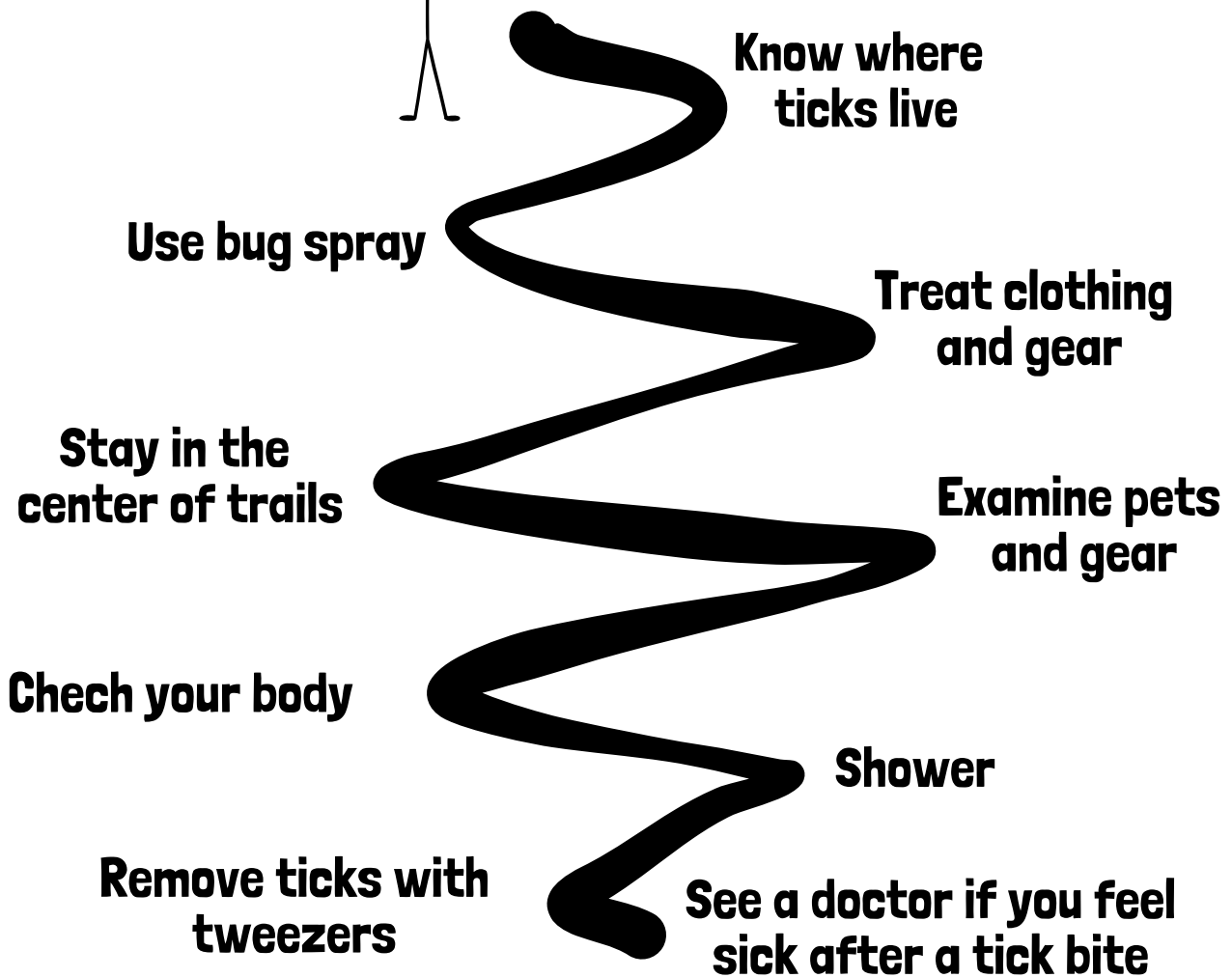
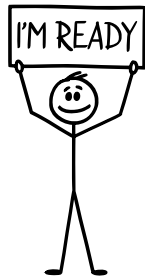
Winter



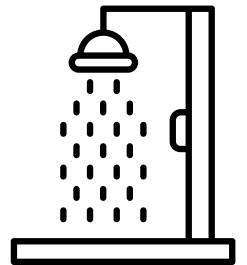
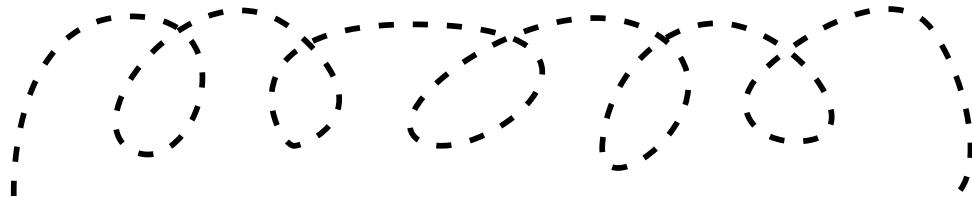
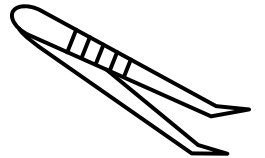
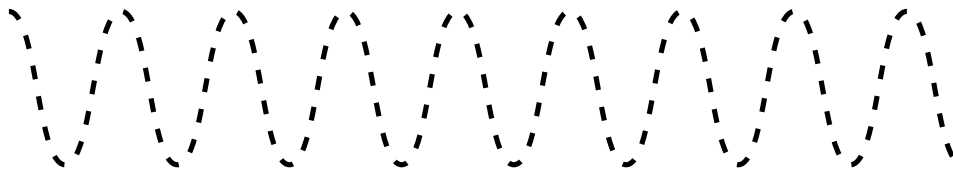
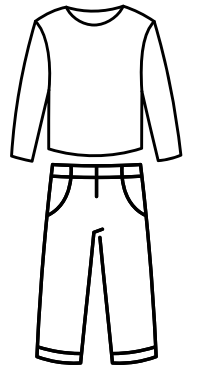
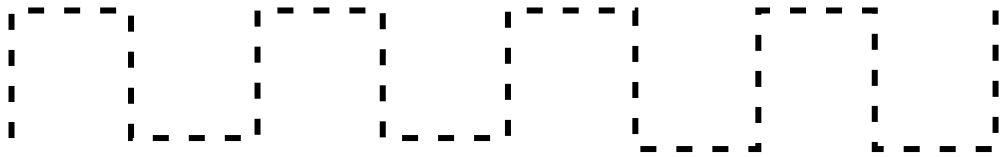
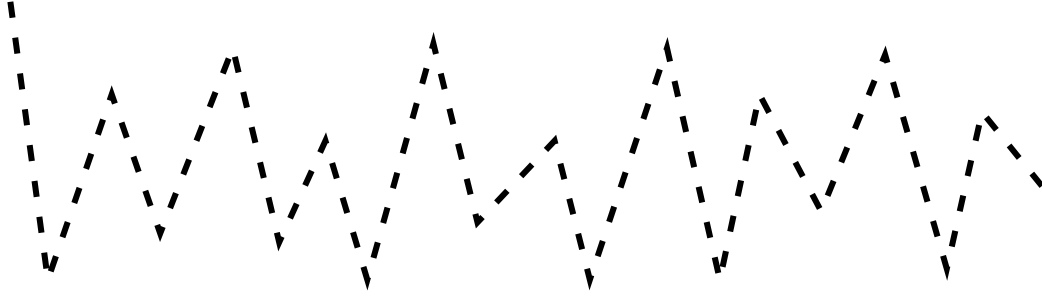
Fall

Zz

is for
**Zig Zag to
Safety**



Tracing Activity



ILLINOIS
ABC's
OF TICKBORNE
DISEASE



<https://dph.illinois.gov/ticks>