



State of Illinois
Illinois Department of Public Health



ILLINOIS ABC's



OF TICKBORNE DISEASE

**An Activity Book for
Grade 3 to Grade 6**



ILLINOIS DEPARTMENT OF PUBLIC HEALTH
IDPH
PROTECTING HEALTH, IMPROVING LIVES

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

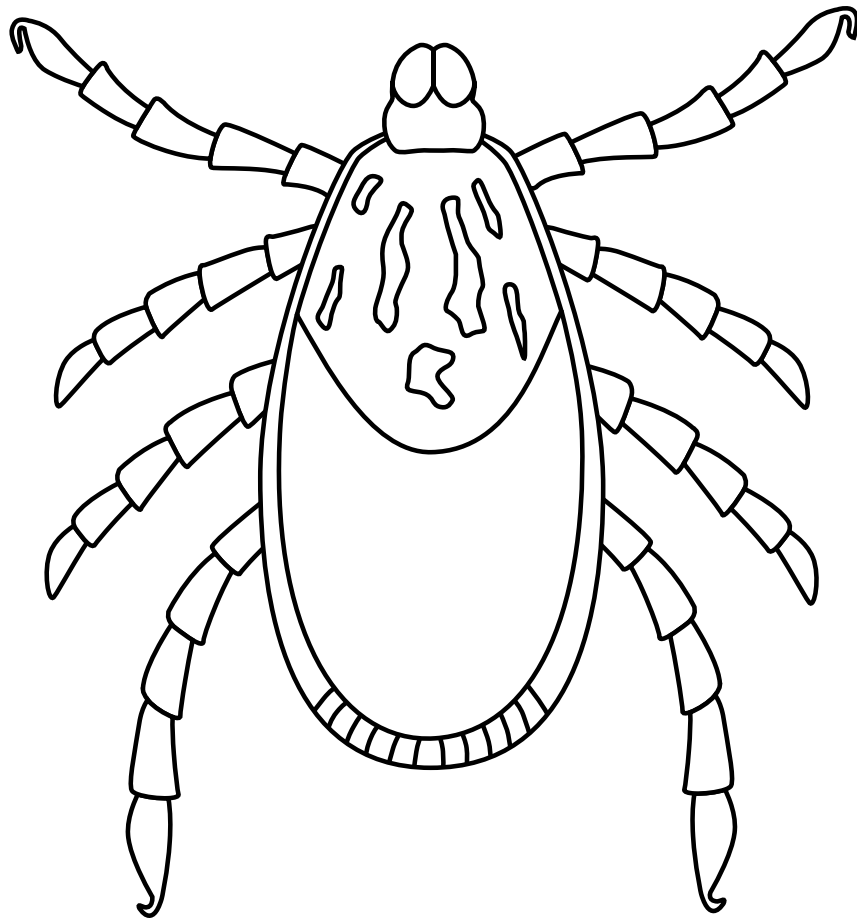
Insect Repellent
Mow the Lawn
Outdoor Activities
Permethrin
Shower
Veterinarian
What to Wear
Examine Pets and Gear
Zig Zag to Safety

Tickborne Disease

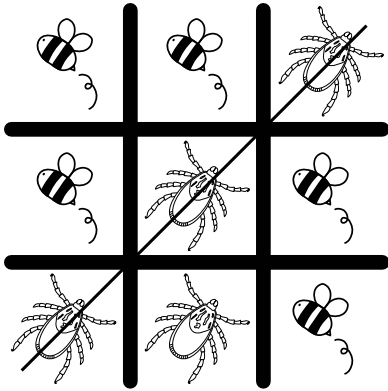
Common Symptoms
Doctor
Rash



Ad is for **American Dog Tick**

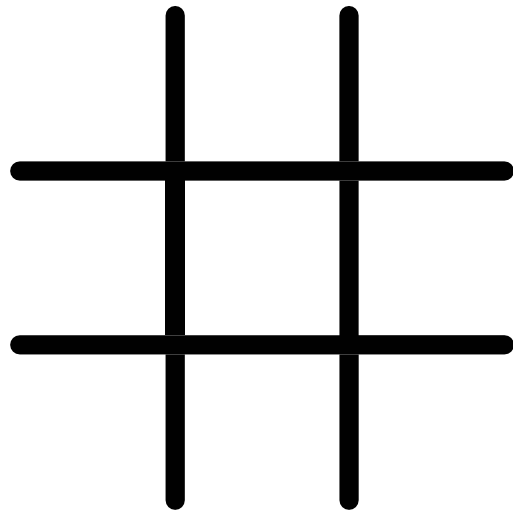
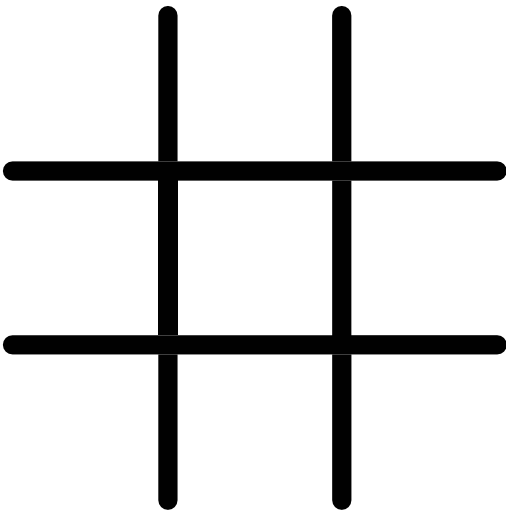
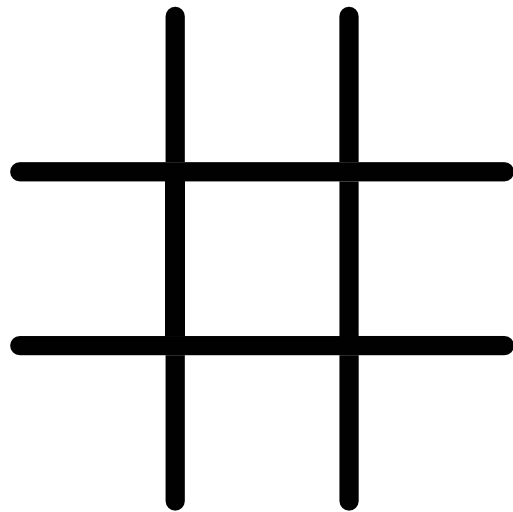
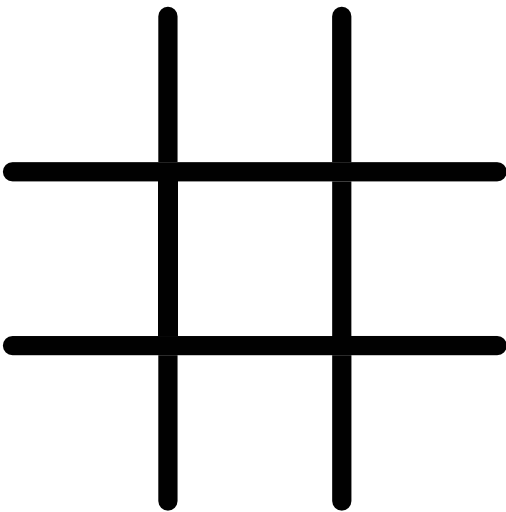


American dog ticks are found everywhere in Illinois. They live along forest edges, walkways, sidewalks, and trails.

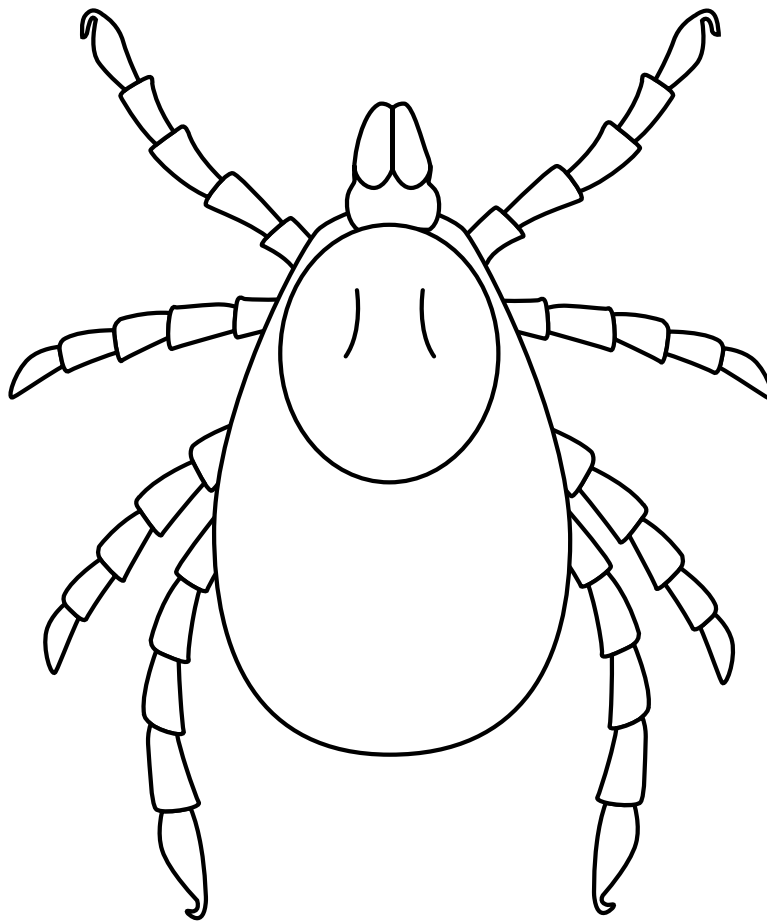


"Tick" Tac Toe

Take turns placing a mark in the squares below. The first to get three marks in a row (up, down, across, or diagonally) wins the game.



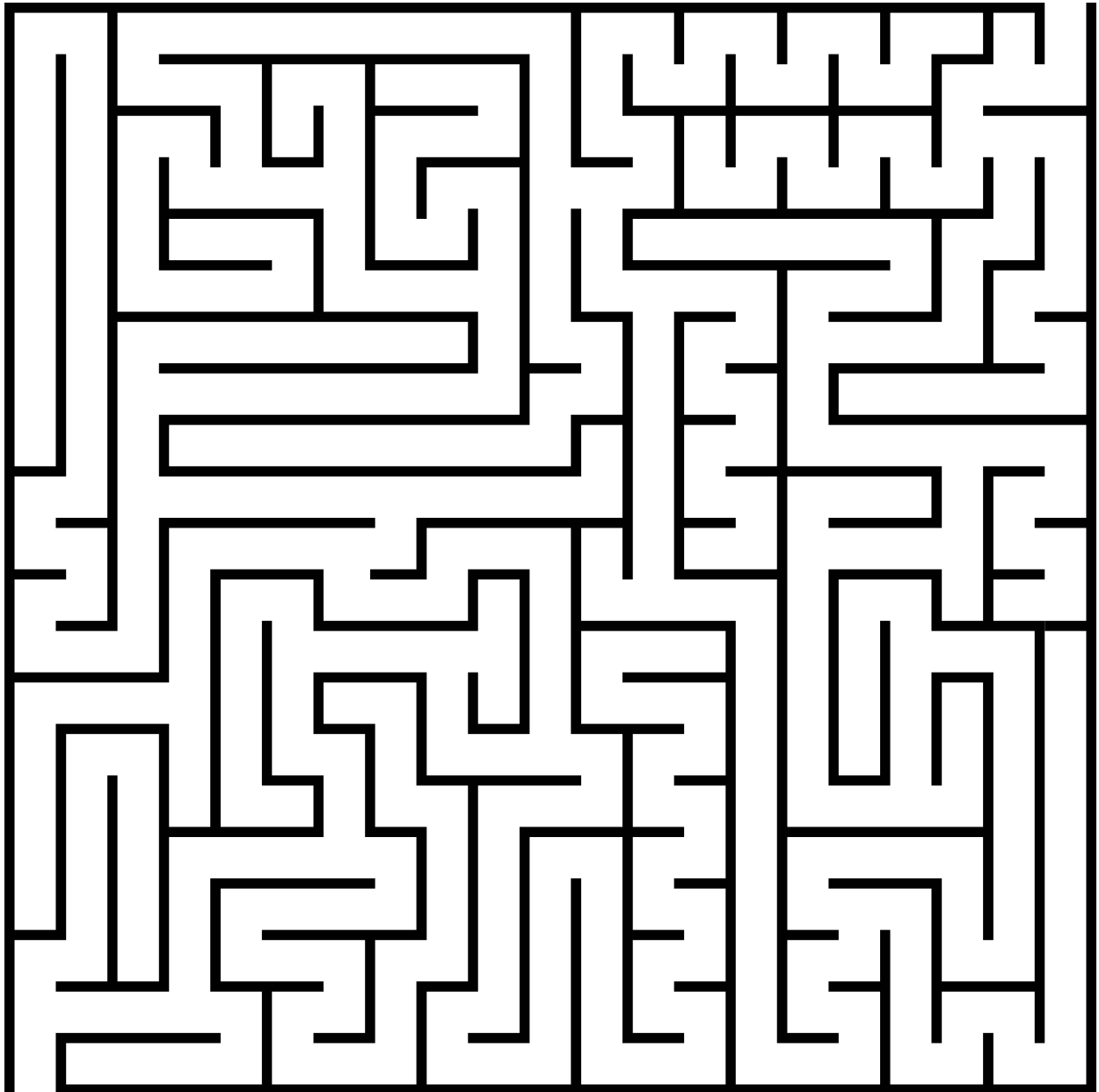
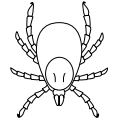
Bb is for **Blacklegged Tick**



Blacklegged ticks live in forests and like to stay protected by leaves on the ground. They are also known as deer ticks.

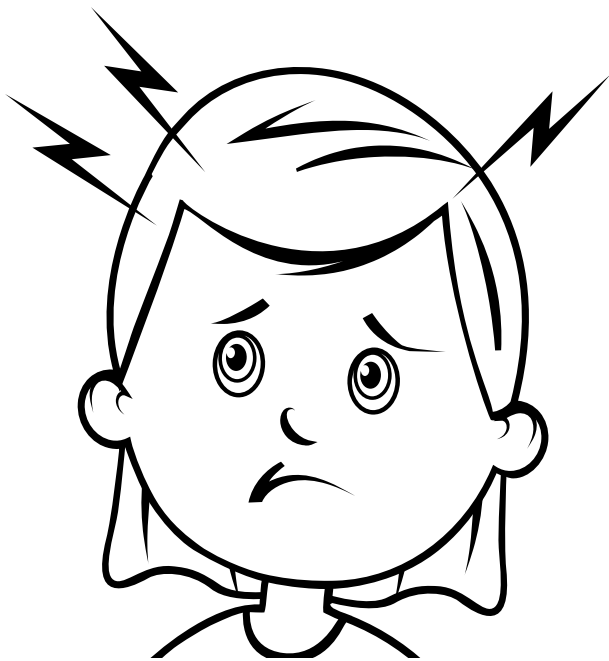
Maze Game

Help the tick find its way through the maze.



Cc is for **Common Symptoms**

Watch for Flu-like Symptoms!



Many tickborne diseases can have similar signs and symptoms. See your doctor if you start feeling sick within a few weeks after a tick bite.

Coloring Activity



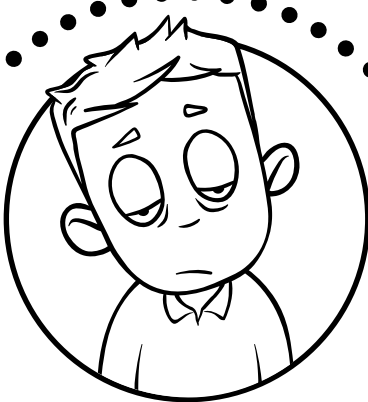
Fever



Headache



**Muscle
Aches**



Sleepy

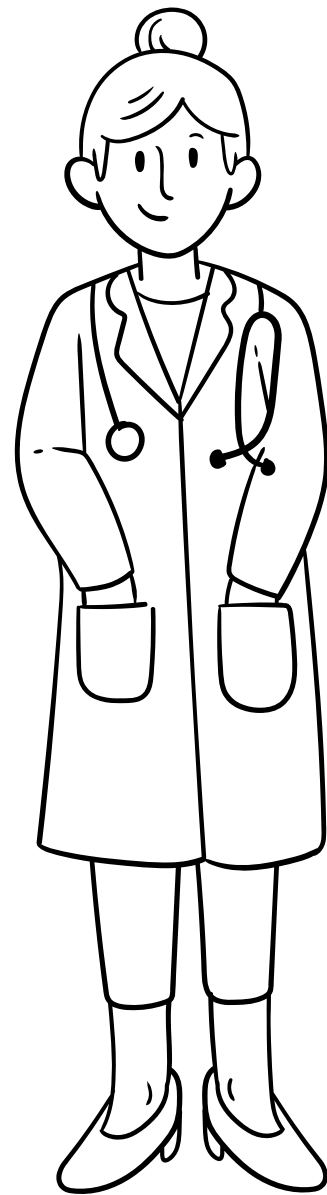


Rash

Dd is for Doctor

Remember to tell your health care provider:

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



Scramble Game

Unscramble the words below. Use the letters in the circles to answer the question.

TIBE

○	○	○	
---	---	---	--

SIVTI

	○		○	○
--	---	--	---	---

EMINEXA

		○			○	
--	--	---	--	--	---	--

CTORDO

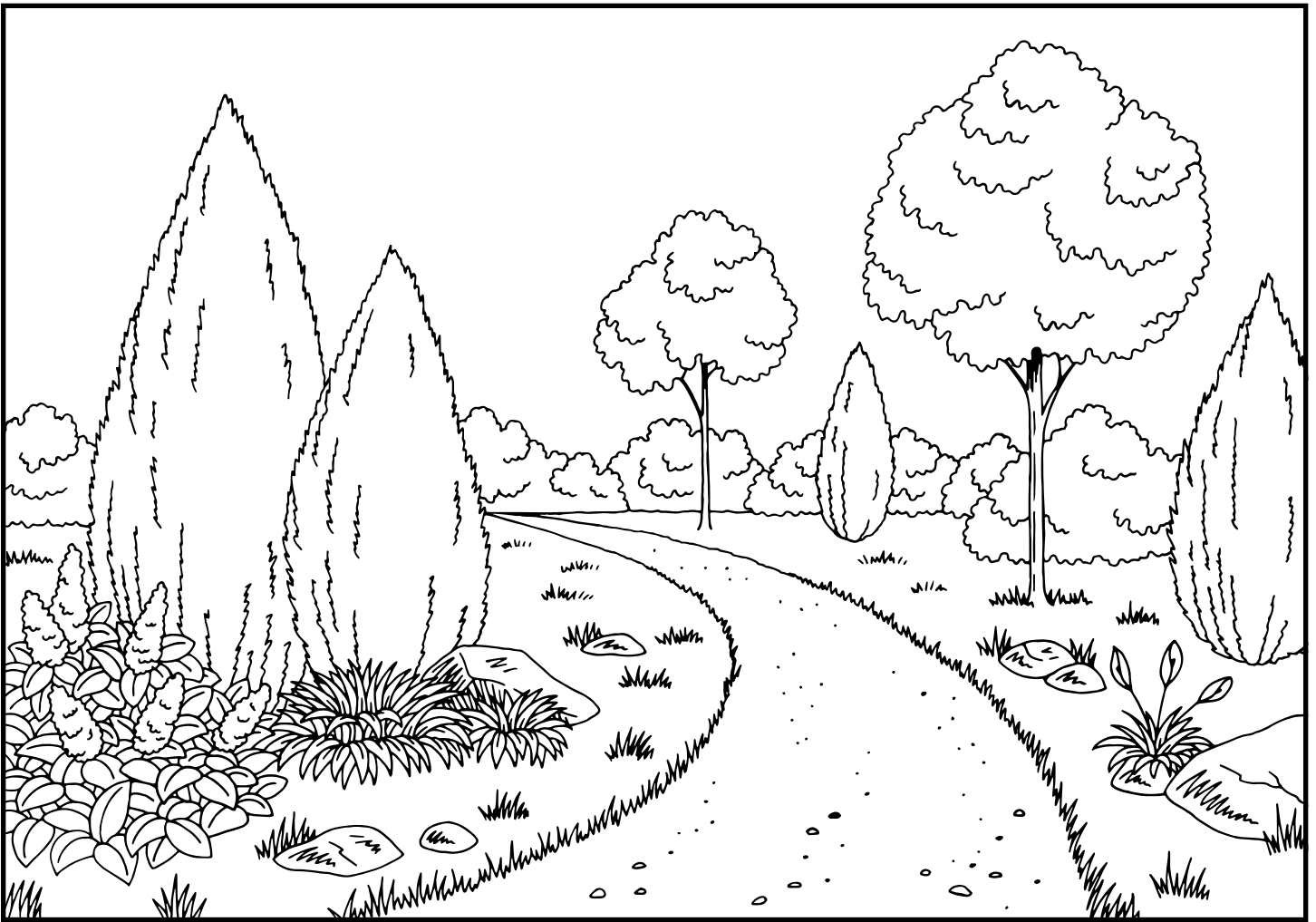
	○	○			
--	---	---	--	--	--

What will the doctor give you to treat
your symptoms?

○	○	○	○	○	○	○	○	○	○
---	---	---	---	---	---	---	---	---	---

Bite, Visit, Examine, Doctor, Antibiotic

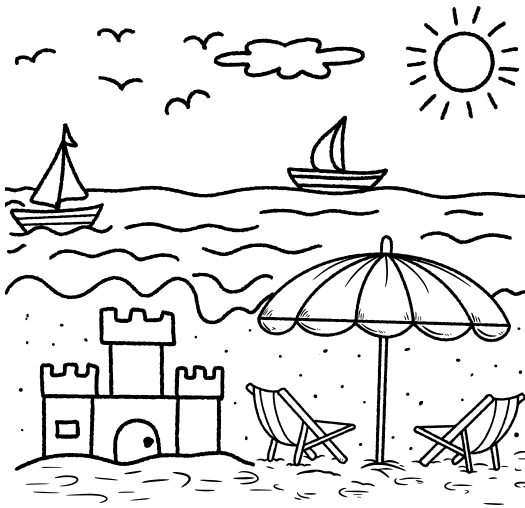
Ee is for Environment



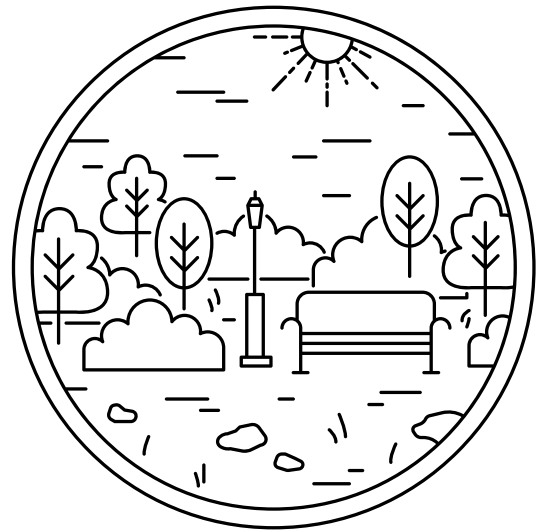
Ticks live in places that have tall grass, shrubs, and leaves. Always remember to walk in the center of trails.

Would a tick live here?

Circle YES or NO.



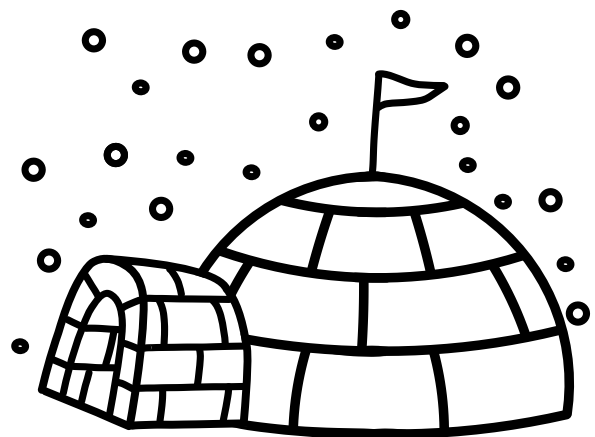
YES NO



YES NO

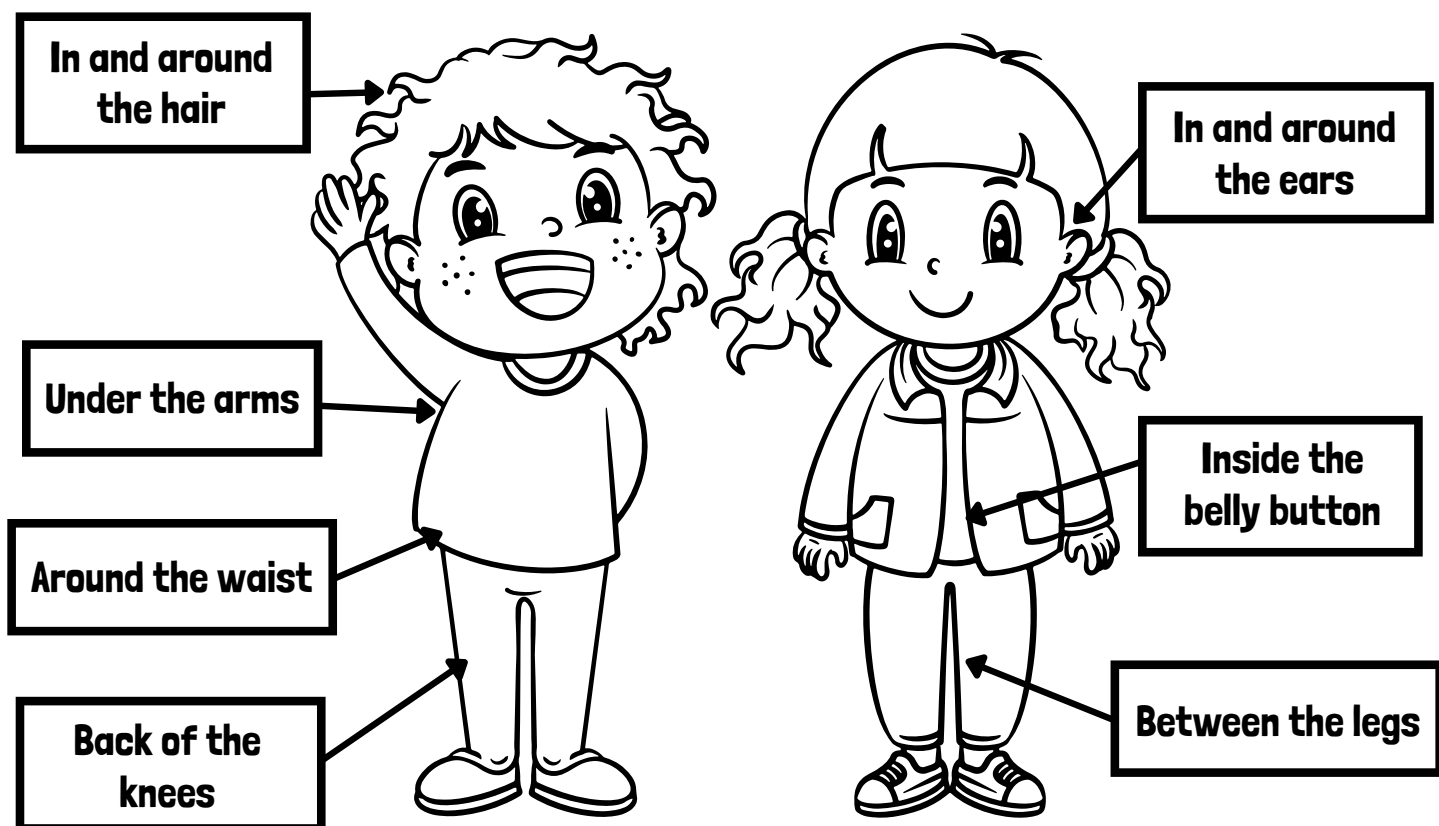


YES NO



YES NO

Ff is for **Full Body Check**



Remember to check your body for ticks after you have been outdoors, including in your backyard.

Check your body for ticks after being outdoors!

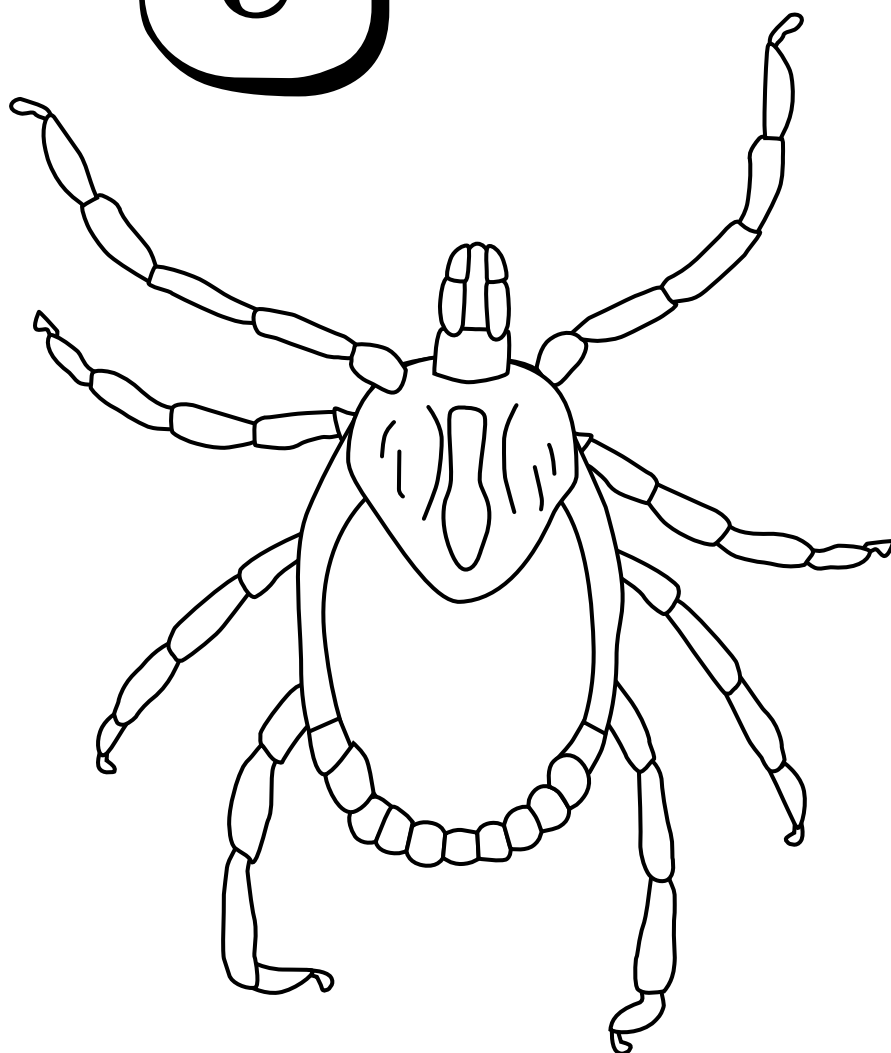
**Circle the places to
check for ticks.**

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



Gg

is for
**Gulf Coast
Tick**



Gulf Coast ticks prefer dry, hot places like prairies and roadsides. They are most active in early to mid-summer.

Scramble Game

Unscramble the “G” words below.

F G O S I H D L

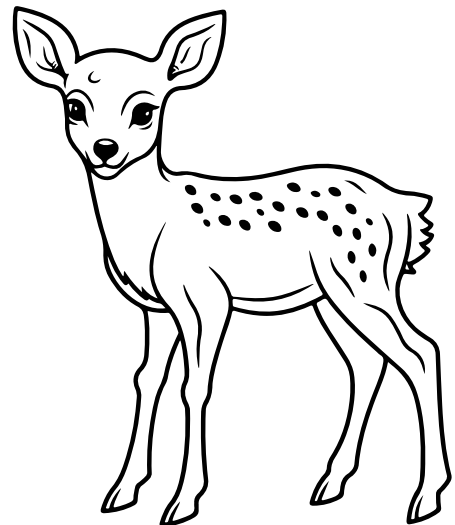
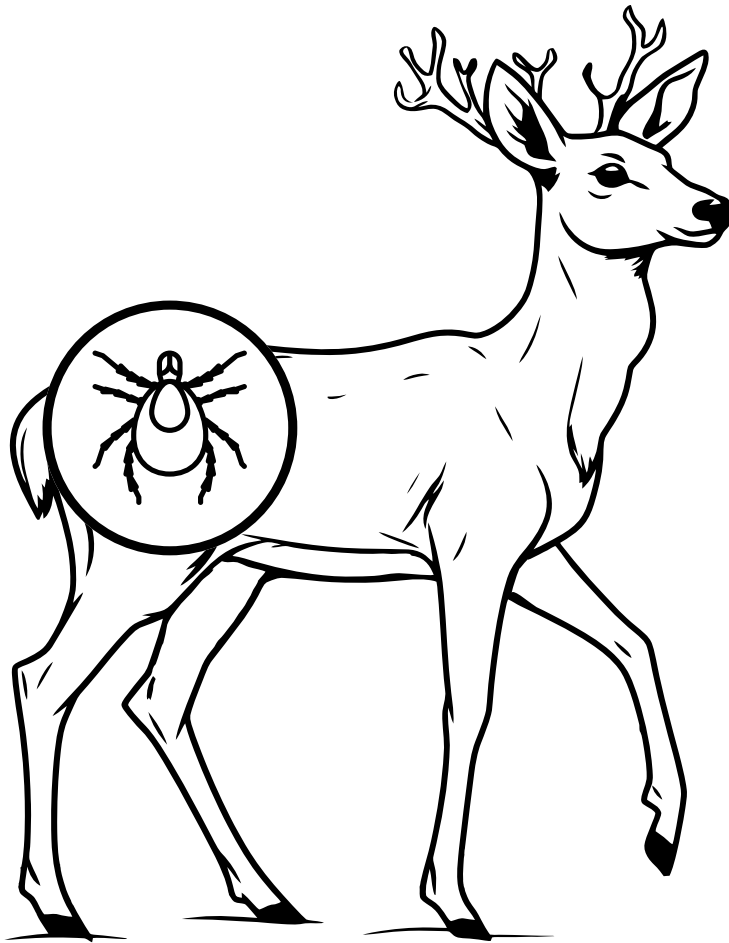
P G A E R S

C A O U G S F L T

Key: Goldfish, Grapes, Gulf Coast

Hh

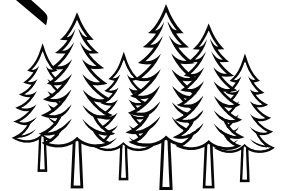
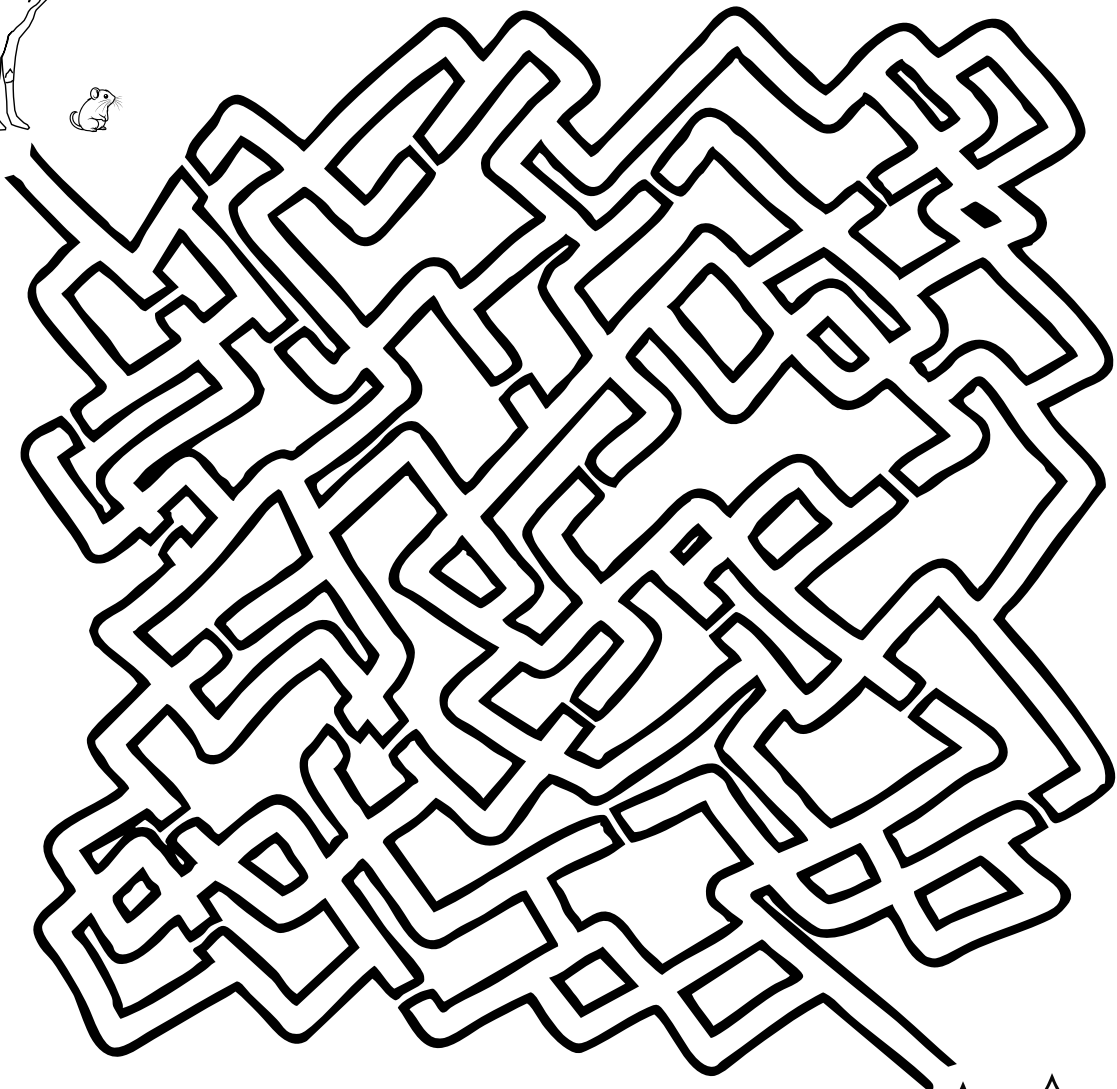
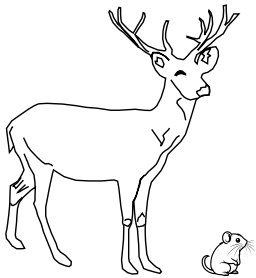
is for
Host

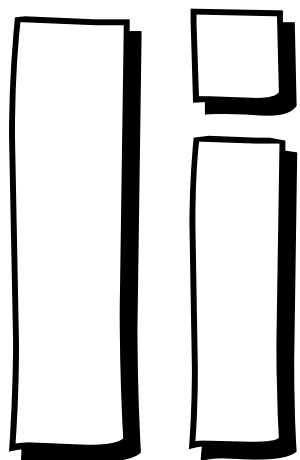


Ticks eat blood to grow and reproduce. Ticks can feed on mammals, birds, reptiles, and amphibians. Because humans are mammals, ticks sometimes attach to humans.

Maze Activity

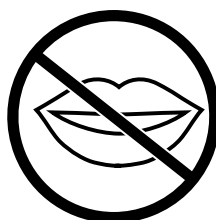
Help the host animals find their home.





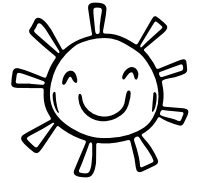
is for **Insect Repellent**

Use a U.S. Environmental Protection Agency (EPA) - registered insect repellent. Have an adult help you apply the insect repellent.

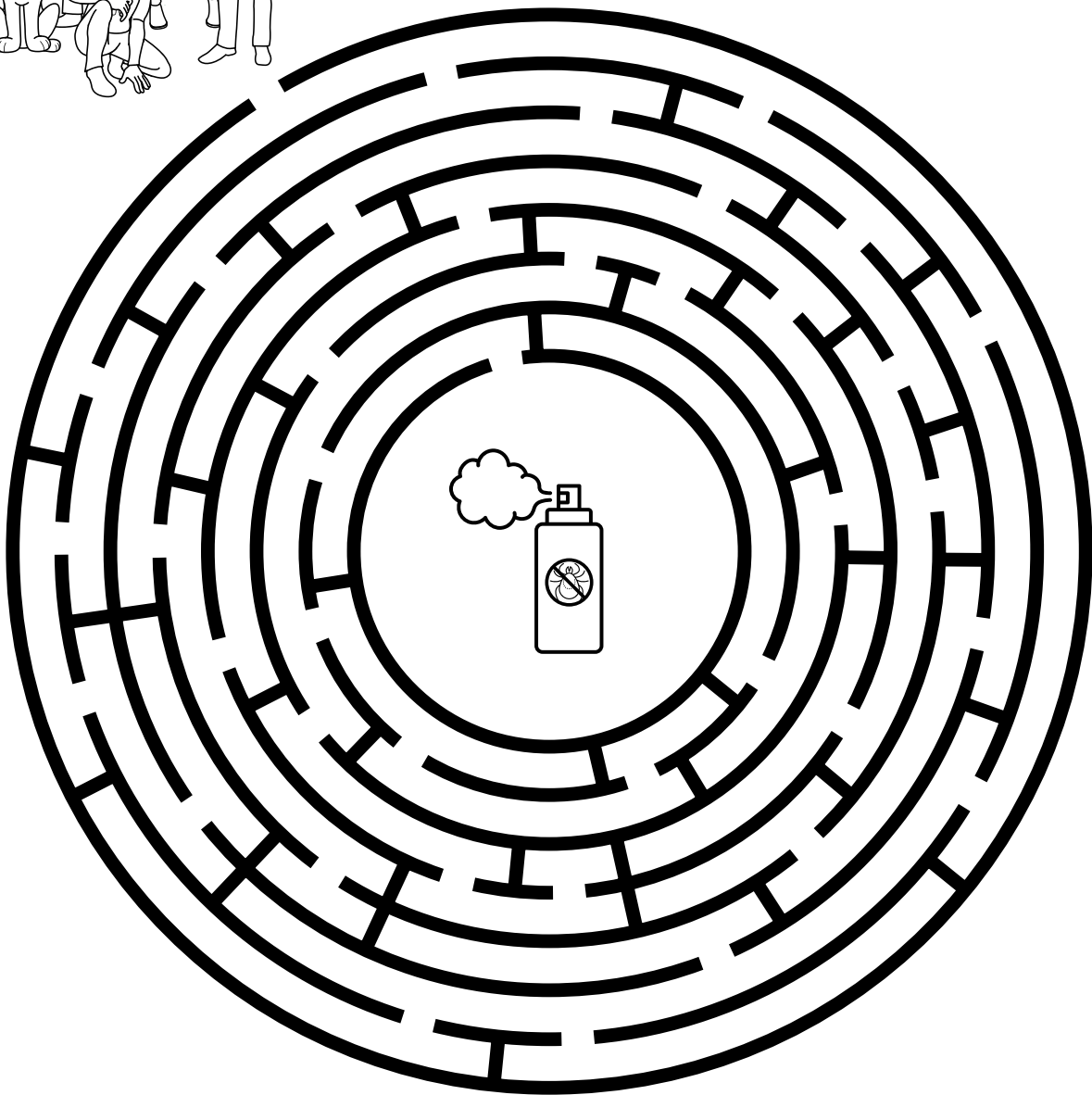


Remember to put sunscreen on before insect repellent.

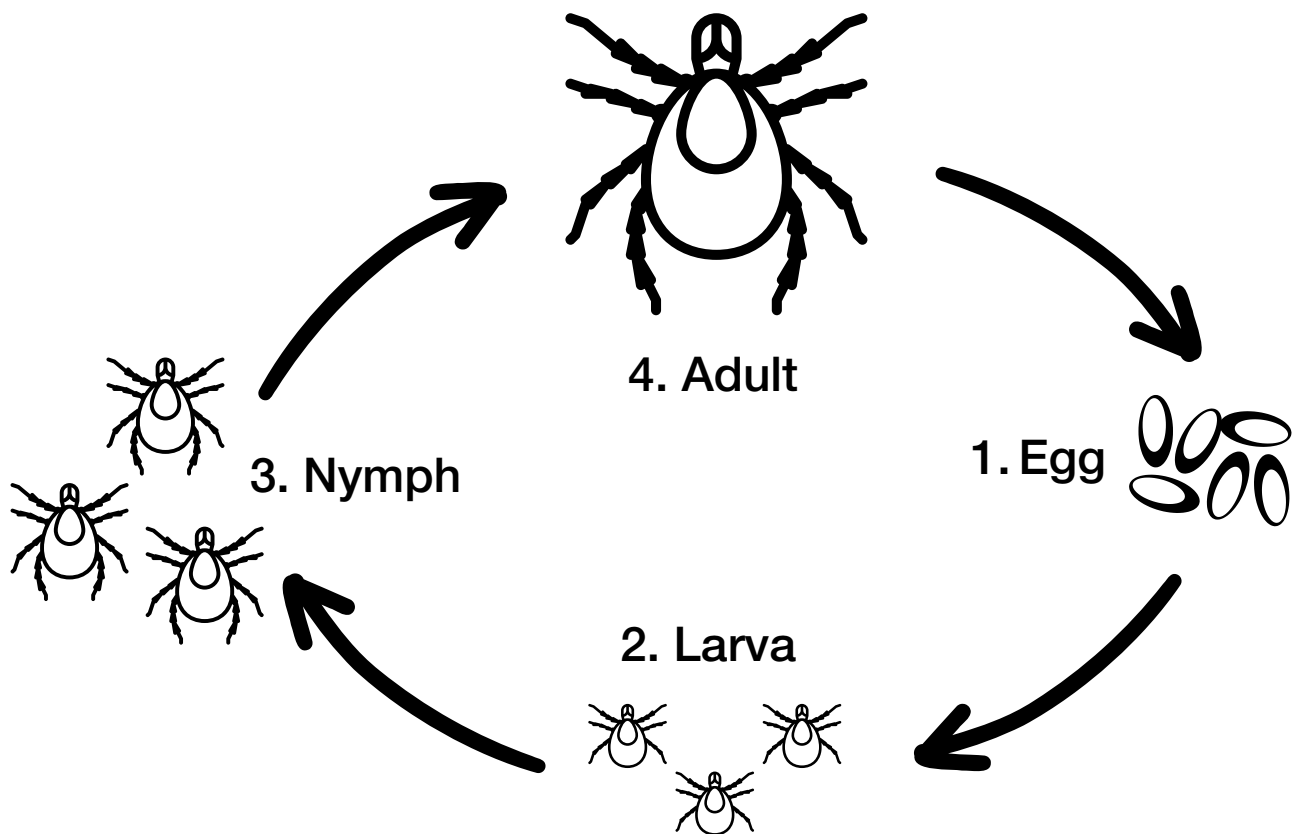
Maze Game



Help the family “Fight the Bite” by finding their insect repellent.

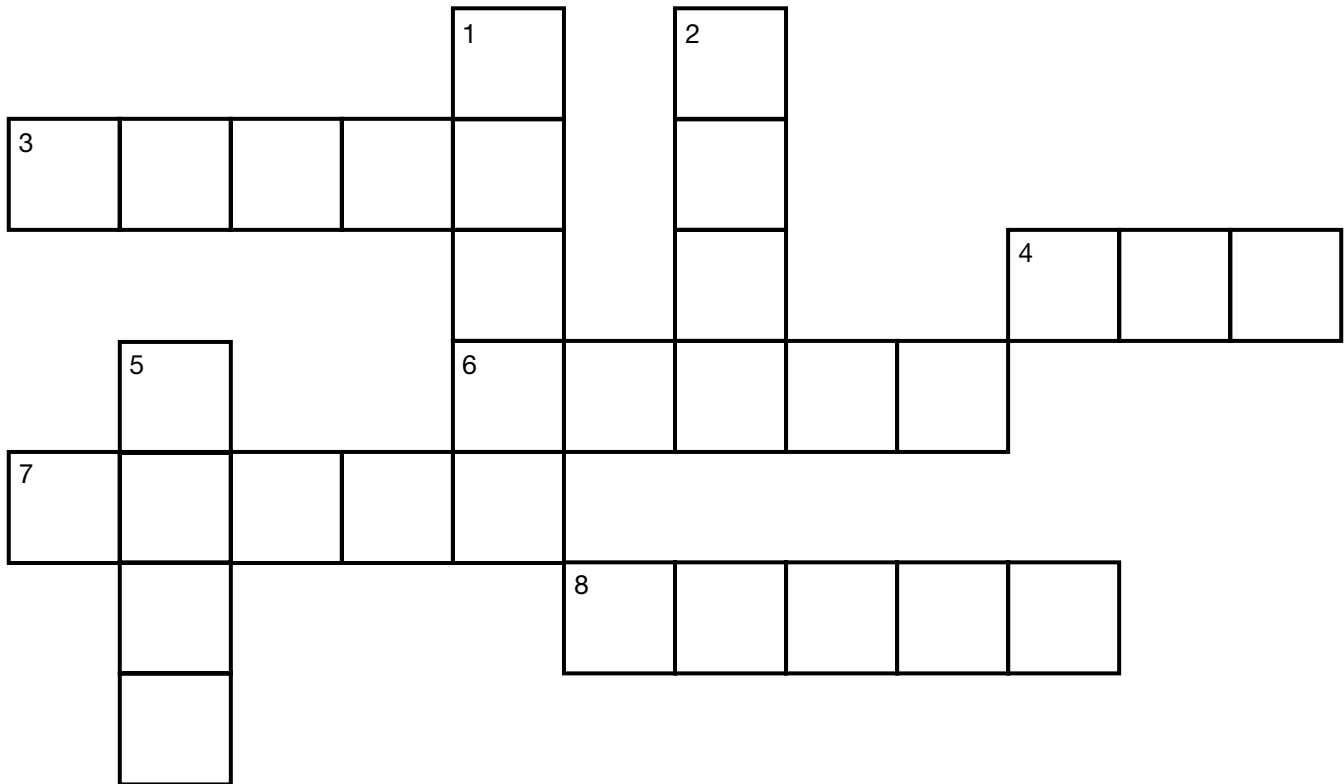


Ji is for Journey



Most ticks journey through four life stages: egg, six-legged larva, eight-legged nymph, and adult. After hatching from their eggs, ticks must eat blood at every stage to survive.

Crossword Puzzle

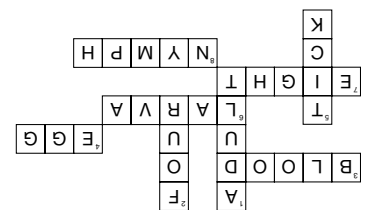


Across:

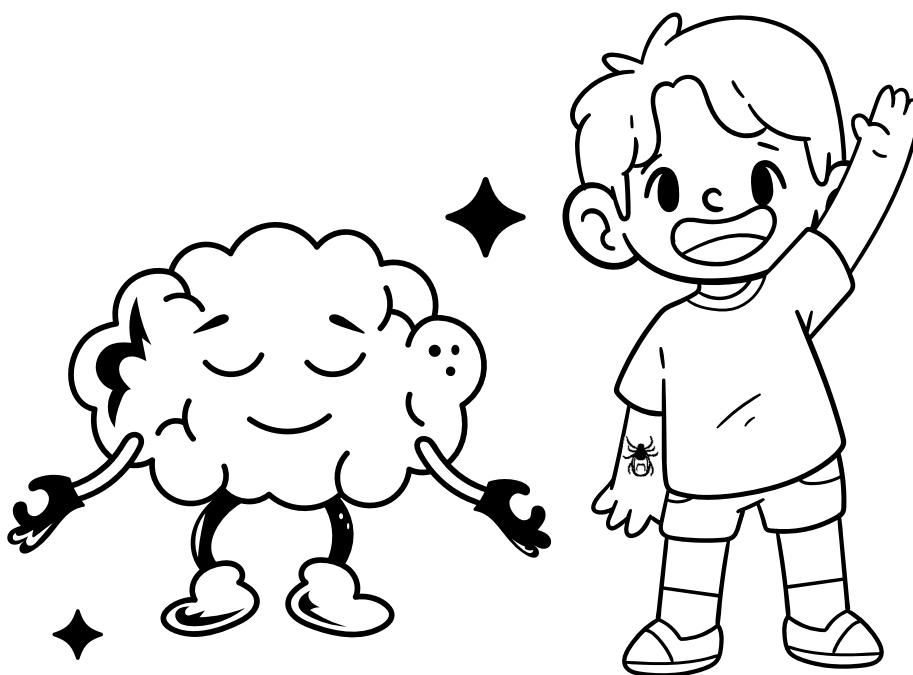
3. What ticks eat
4. First tick life stage
6. Second tick life stage
7. Number of legs (adult tick)
8. Third tick life stage

Down:

1. Last tick life stage
2. Number of tick life stages
5. A bug that attaches to hosts to eat blood



Kk is for **Keep Calm!**



KEEP CALM!

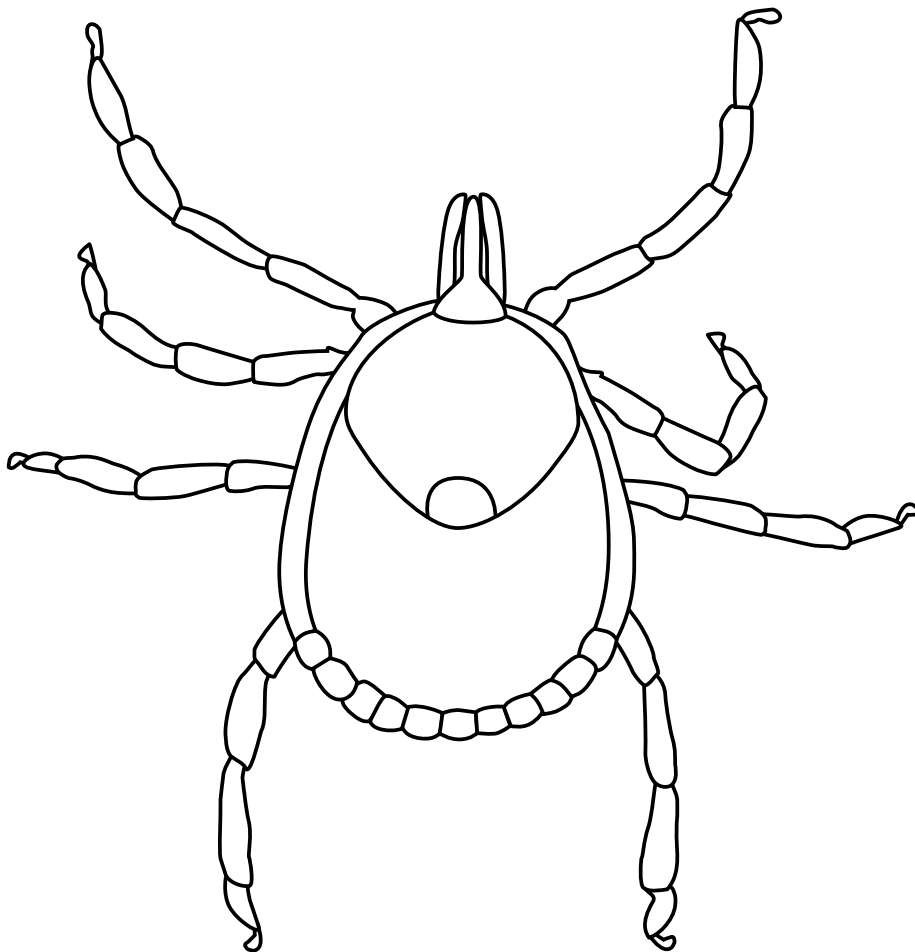
FIND AN ADULT!

If you find a tick on you, do not worry. Find an adult,
and they can help you.



L

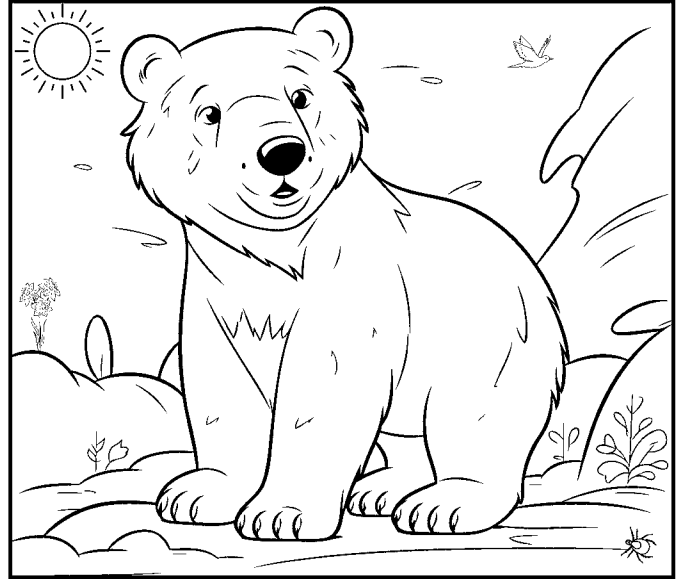
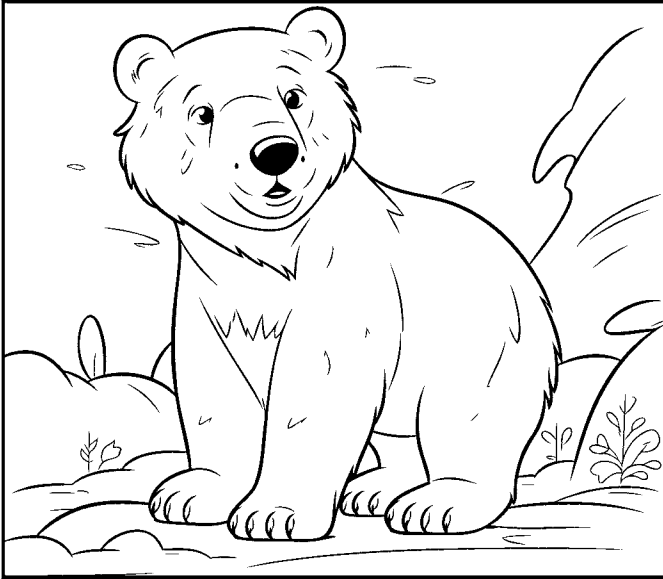
is for
**Lone Star
Tick**



Lone star ticks live in wooded areas and along the edges of meadows and streams. A white spot on their back easily identifies lone star tick females.

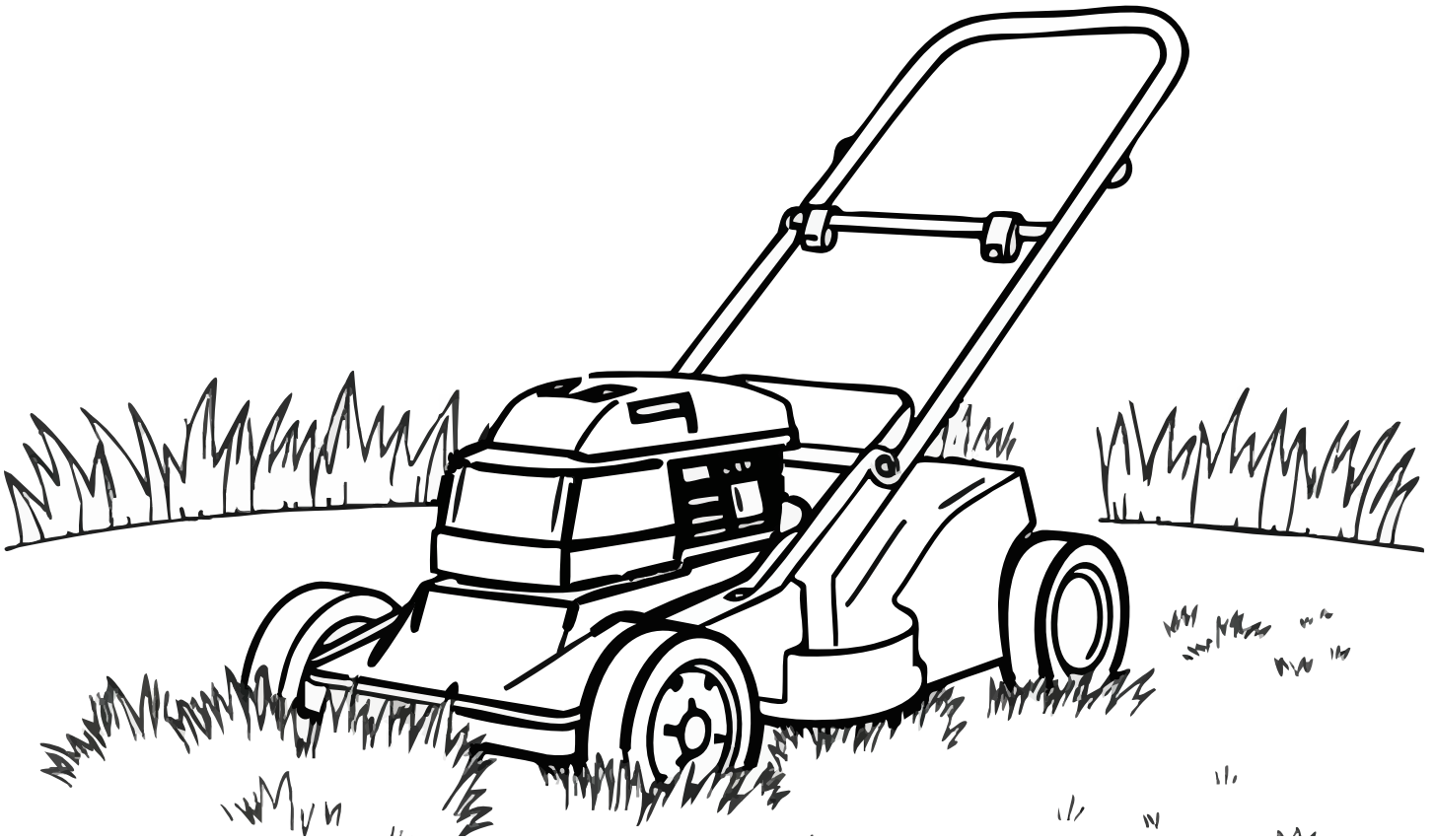
Spot the Difference

Find the four differences between each picture set.



Mm

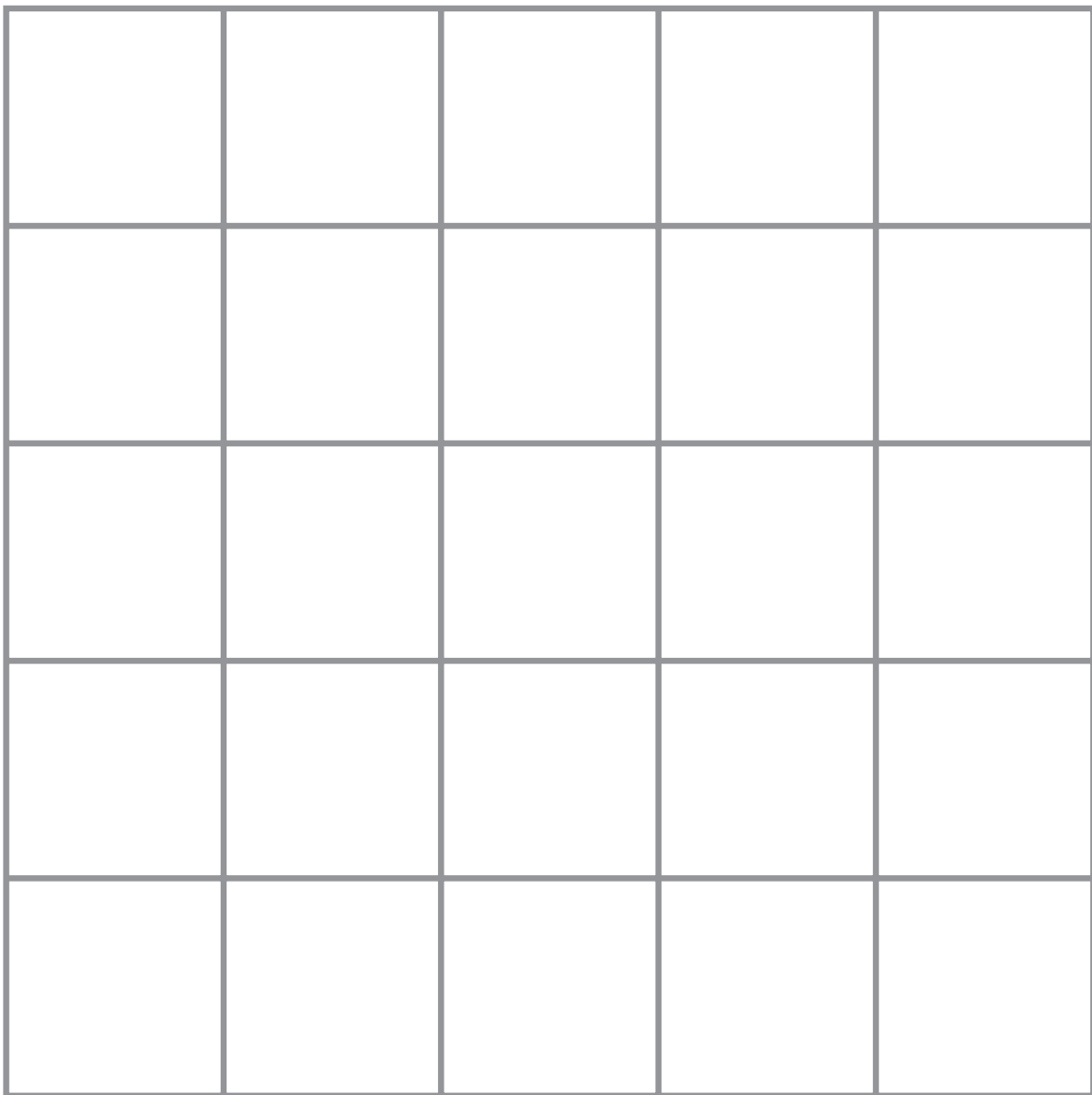
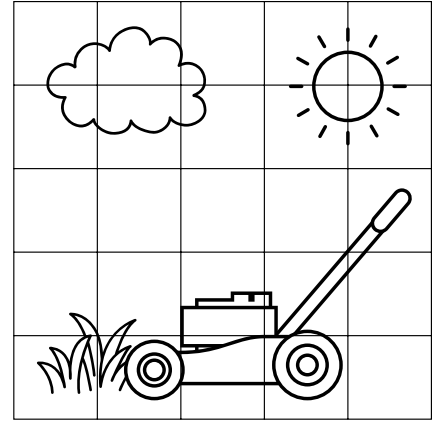
is for
**Mow the
Lawn**



Many people get ticks in their yard or neighborhood.
Help prevent ticks at home by mowing the lawn and
removing leaves.

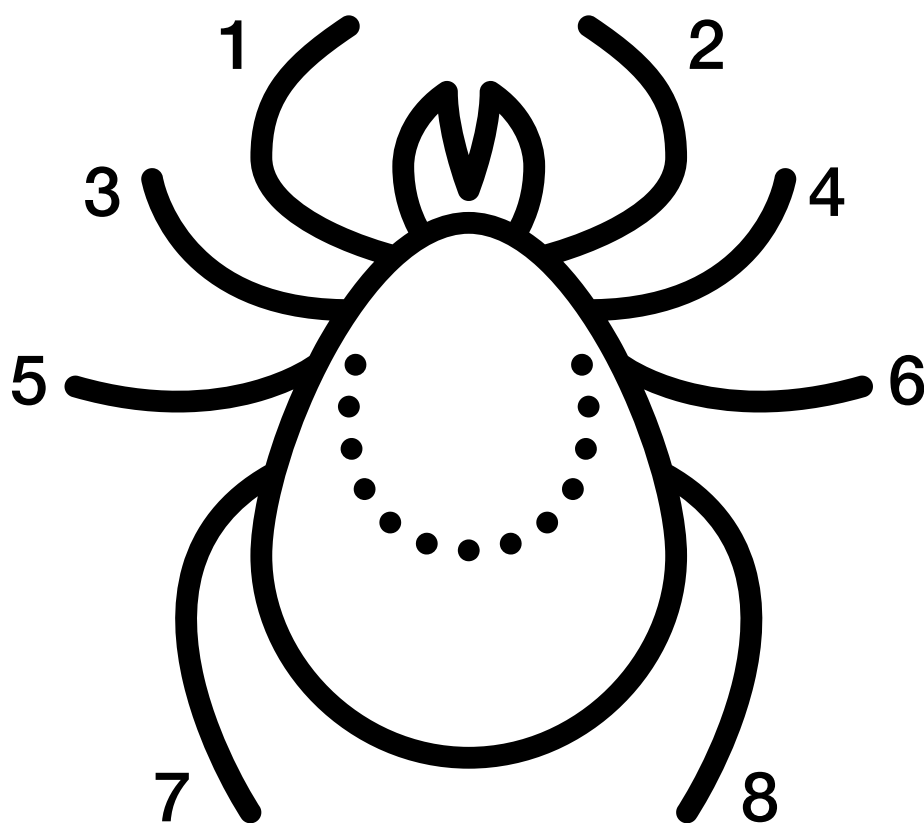
Drawing Activity

Use the grid to help you draw the scene.



Nn

is for
**Number
of Legs**



Ticks are related to spiders
and have eight legs.



Secret Keeper

Use the key to decipher the joke.

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

Why did the tick refuse to play card games?

9 20 4 9 4 14 20

23 1 14 20 20 15

16 12 1 25 5 9 7 8 20

8 1 14 4 19

It didn't want to play eight hands.

Oo

is for
**Outdoor
Activities**



When having fun outside, remember you could run into ticks. You can even find ticks in your yard or neighborhood.

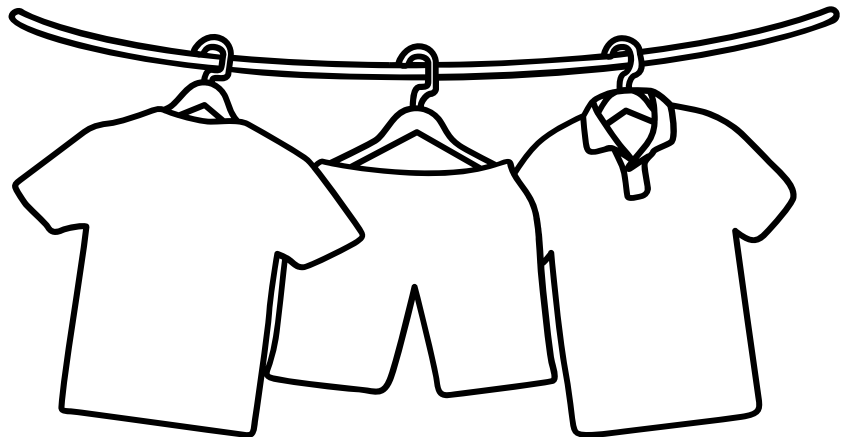
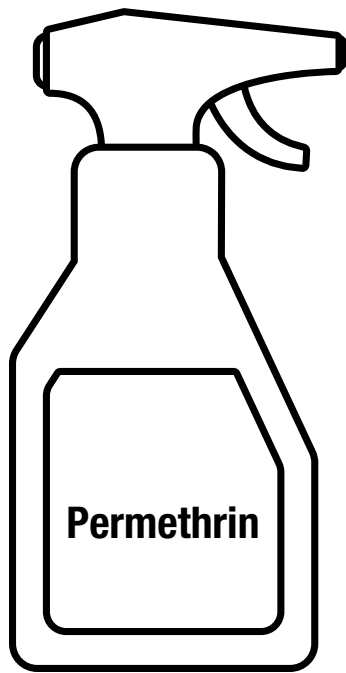
Coloring Activity

Color the outdoor activity below.



Pp

is for
Permethrin



Adults can treat clothing and gear with products containing 0.5% permethrin. Permethrin can be used to treat boots, clothing, and camping gear. Permethrin remains protective through several washings.

Coloring Activity

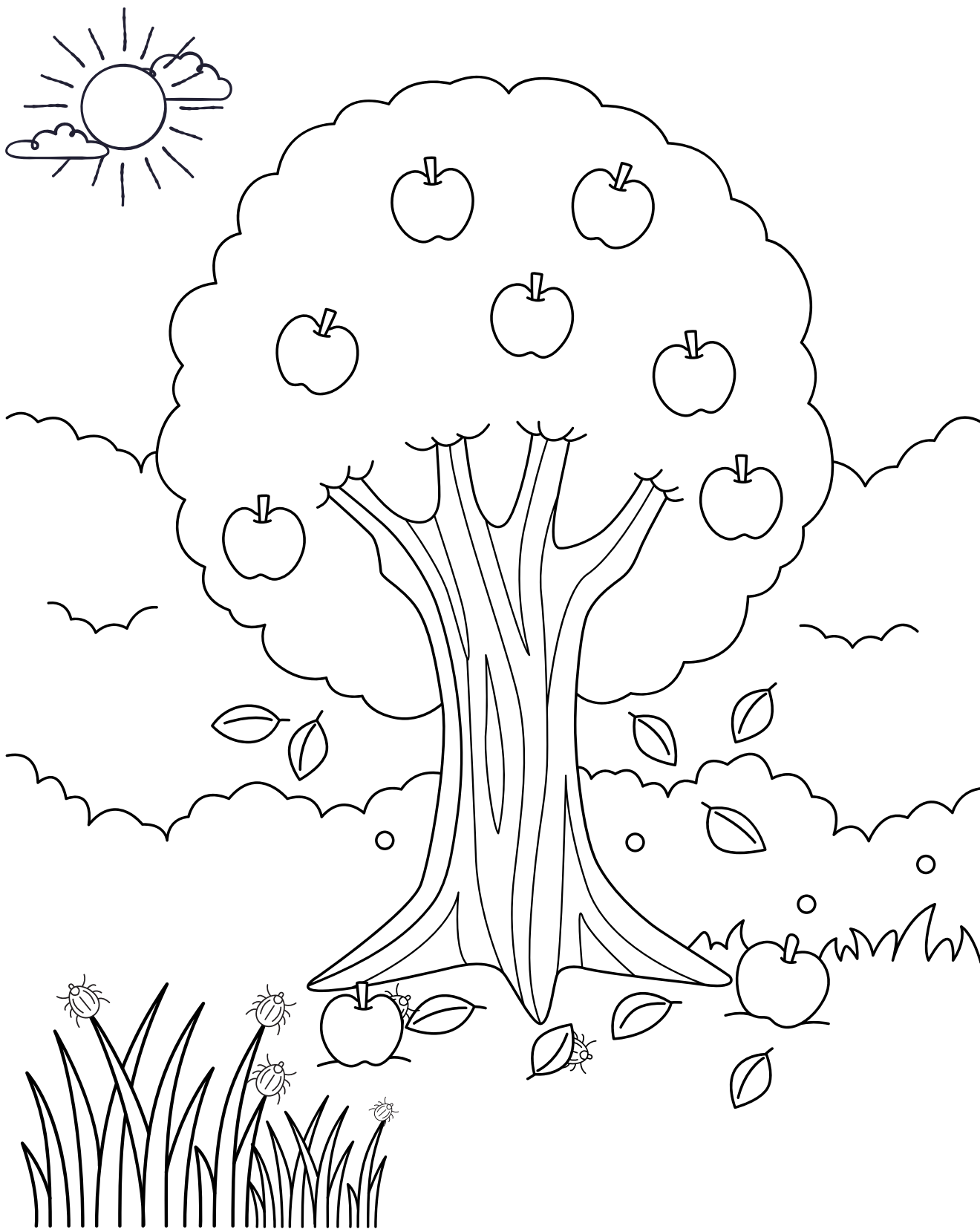
Color the items that permethrin can be applied to below.



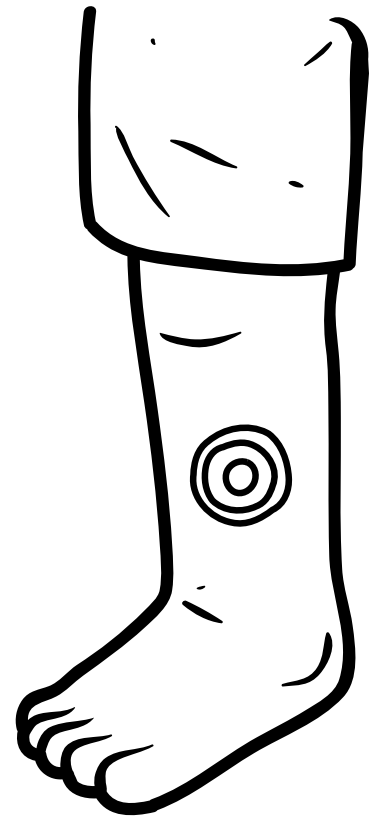
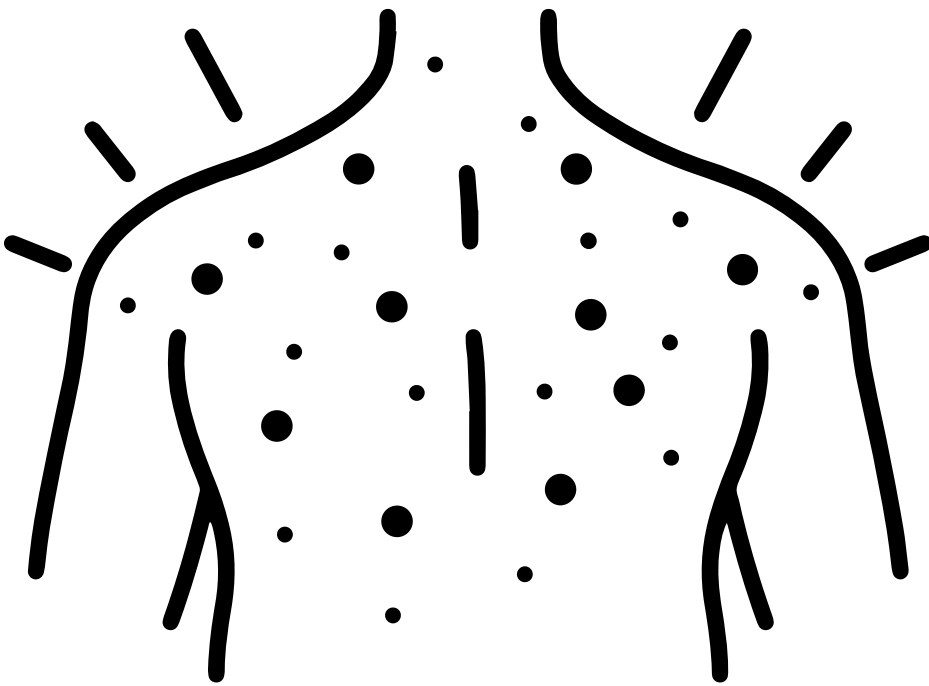
Qq is for Questing



Questing happens when ticks are looking for a host. They climb onto the tips of leaves and grass and hold their legs outstretched. When a host brushes the spot where a tick is waiting, it quickly climbs aboard.



Rr is for **Rash**



Rashes are a common symptom of tickborne disease. Not all tick-related rashes look the same. If you develop any rash after a tick bite, contact your doctor.

Scramble Game

Unscramble the “R” words below.

E R P E L T E L N

S A R H

M V O E E R

Key: Repellent, Rash, Remove

Ss is for Shower



Showering helps wash off unattached ticks and is a good opportunity to do a tick check.

Sudoku Activity

Fill in the puzzle so that every row across, every column down, and every 4 by 4 box contains the numbers 1 to 4.

	3	2	
3	1		
2		1	

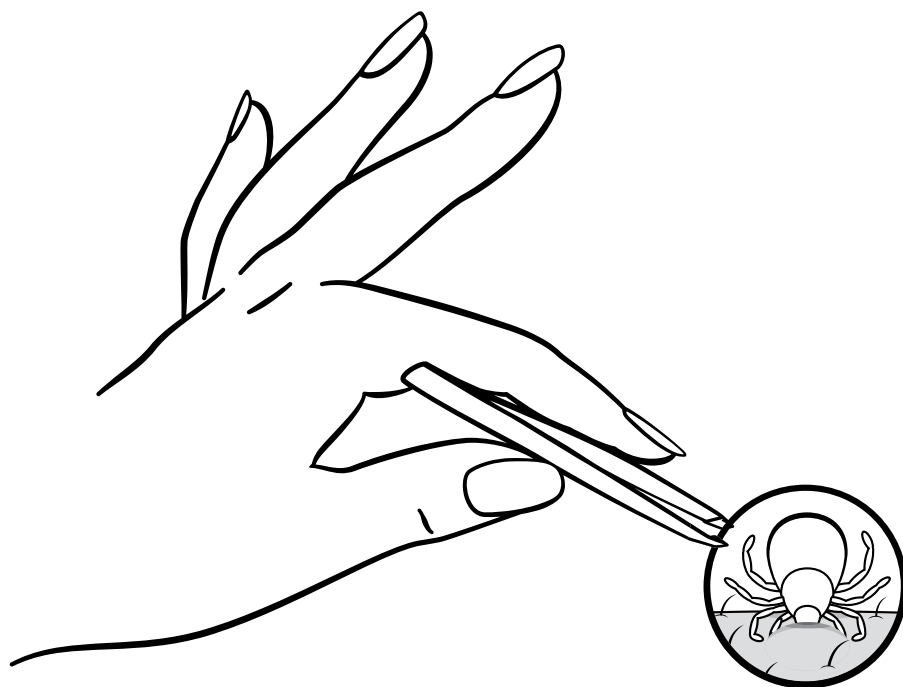
3			4
1			
4			1
		4	3

3	4		1
	3	1	
2		4	

2			1
	4	2	
4		3	
	2		

Tt is for **Tweezers**

If you find a tick on your body, tell an adult. If the tick bit you, have the adult remove it with tweezers.



Avoid “painting” the tick with nail polish, petroleum jelly, or dish soap, or using heat to make the tick detach from the skin. The goal is to remove the tick as quickly as possible– not waiting for it to detach.

For Grown-ups: Tick Removal

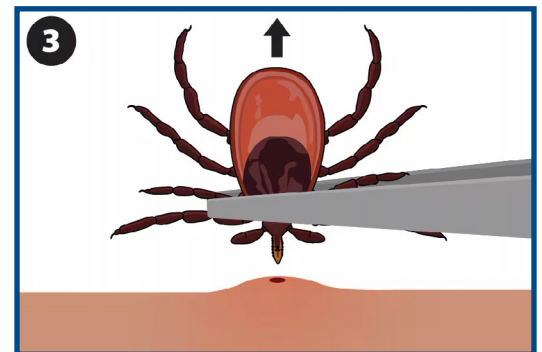
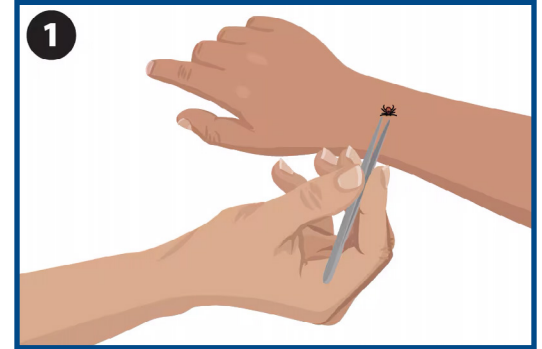
Remove the tick as soon as possible

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

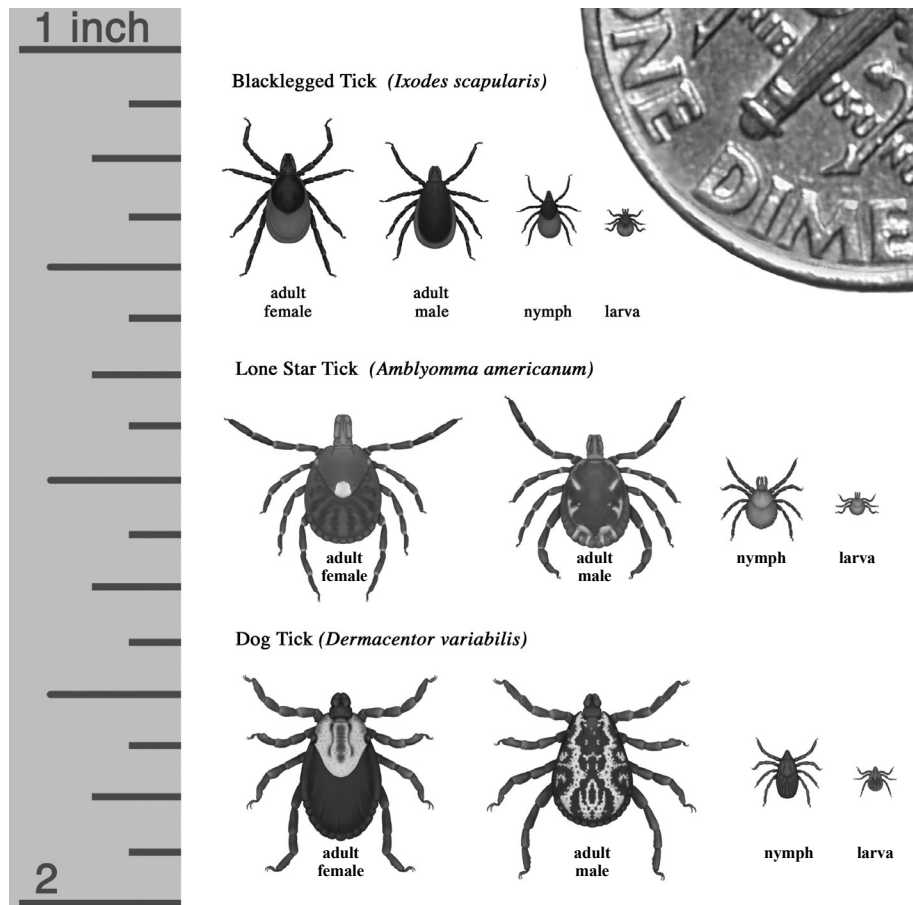
Call your health care provider if you get any of the following:

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



Uu

is for Unnoticed



Ticks can easily go unnoticed because they are so small. Adult ticks are about the size of a sesame seed. Nymphs are roughly the size of a poppy seed.

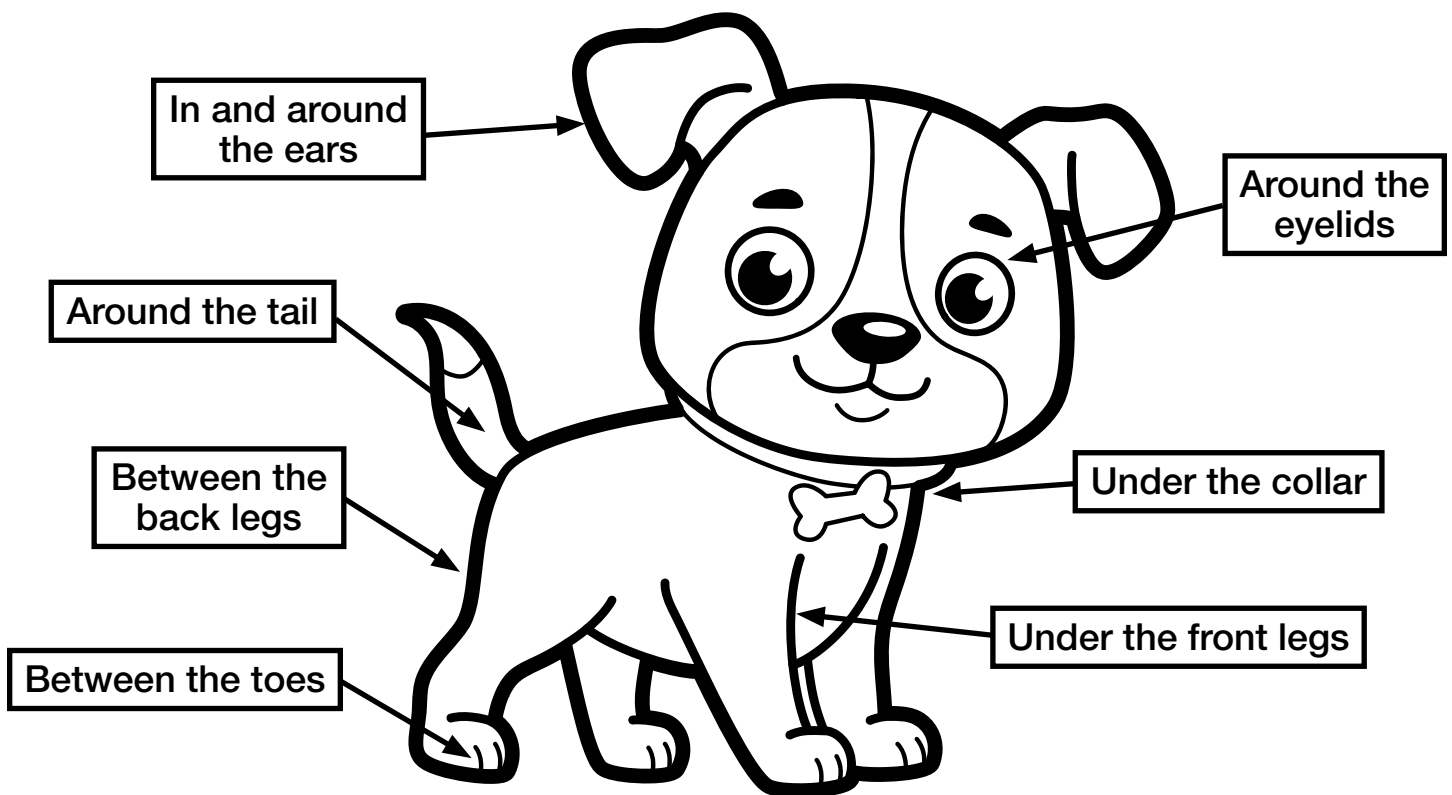
Search Activity

Can you find all 10 ticks on the leaf below?



Vv

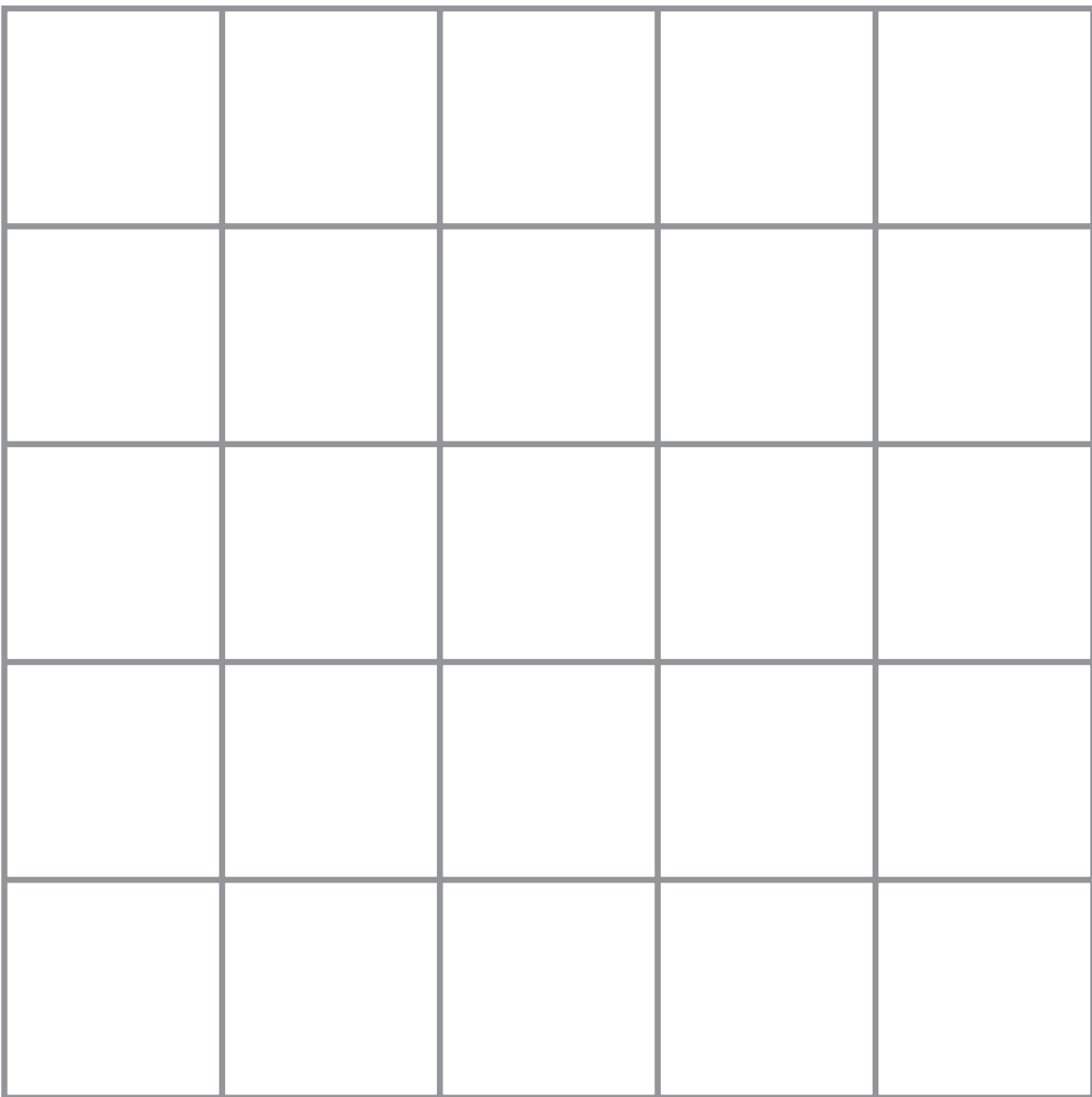
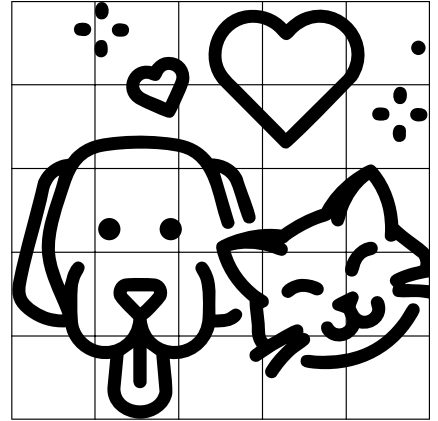
is for Veterinarian



- 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.

Drawing Activity

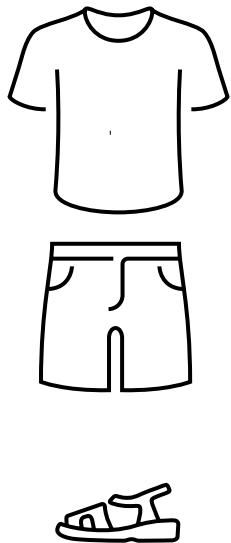
Use the grid to help you draw the pets.



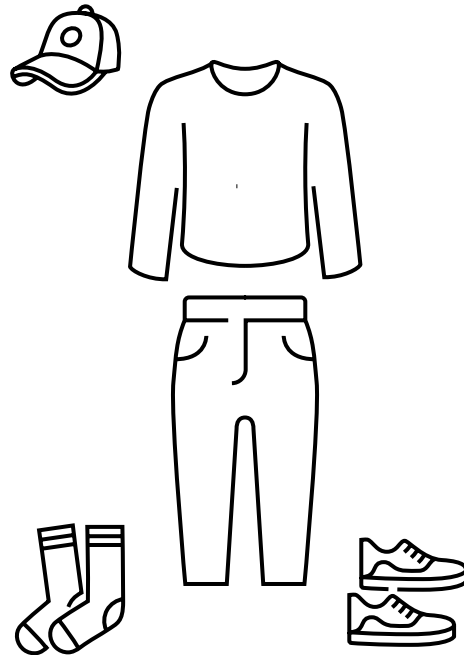
Ww

is for
**What to
Wear**

⊗ No



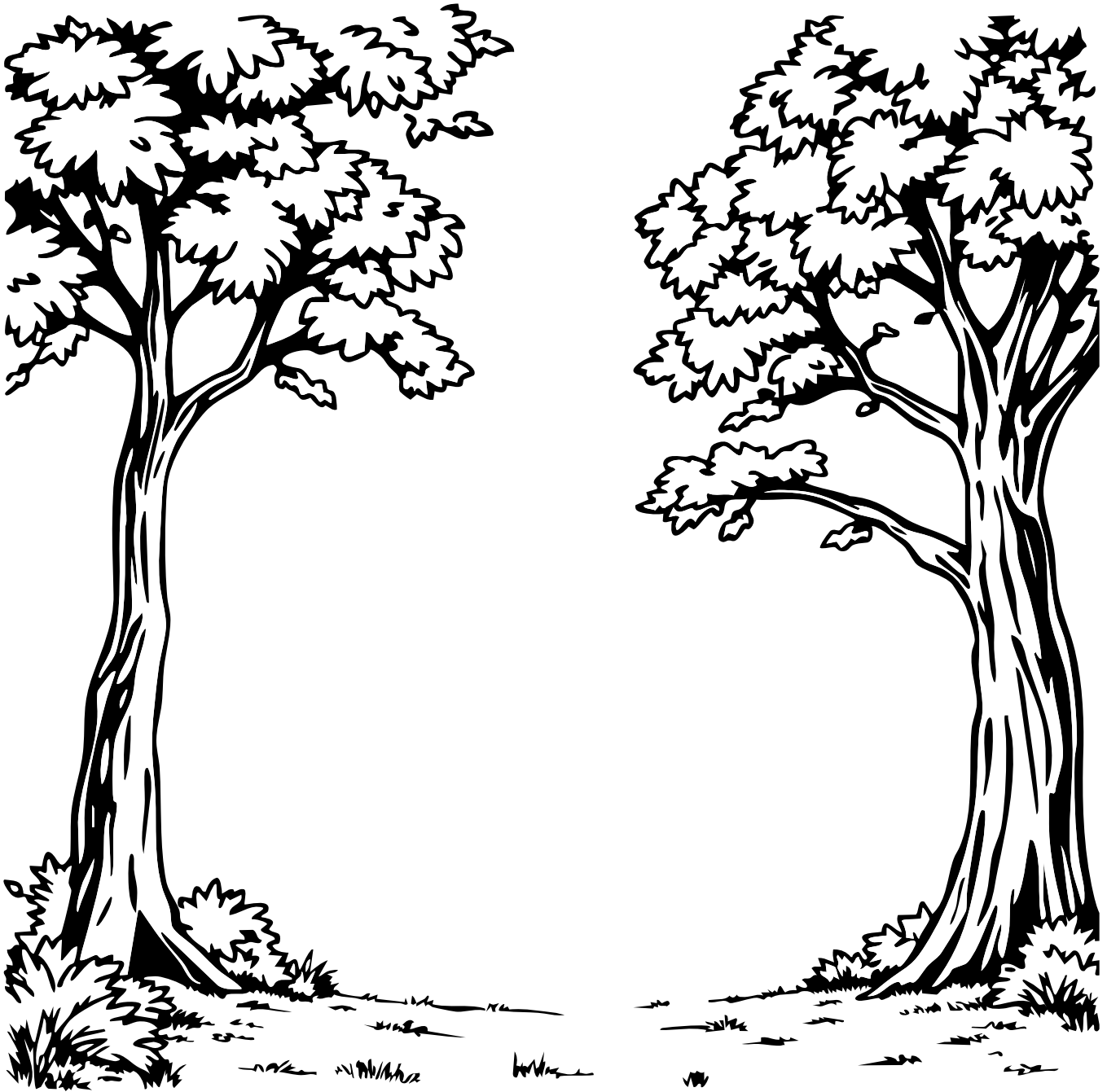
✓ Yes



Wear light-colored, long pants and long sleeves so you can easily see any ticks. Tuck the shirt into the pants, and tuck the pants into the socks. Wear socks and sneakers. No sandals.

Drawing Activity

Draw yourself dressed for the outdoors in the space below.



Xx

is for
**eXamine Pets
and Gear**



Ticks can enter your home on clothing and pets.
Tumble dry clothes in a dryer on high heat for 10
minutes to kill ticks on dry clothing.

Secret Keeper

Use the key to decipher the secret message.

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

3 8 5 3 11 6 15 18

20 9 3 11 19 15 14

16 5 20 19 1 14 4

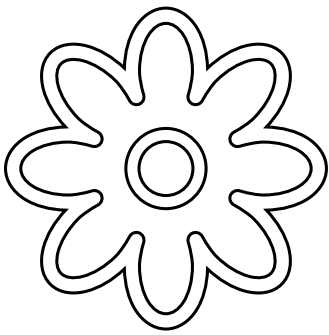
7 5 1 18

Check for ticks on pets and gear.

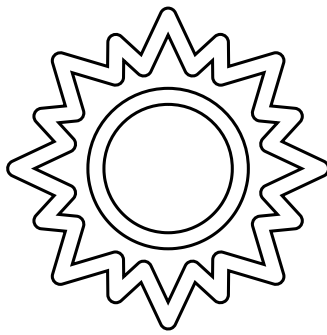
Yy

is for
Year-round

Ticks can be found year-round but are most active during warmer months (April-September).



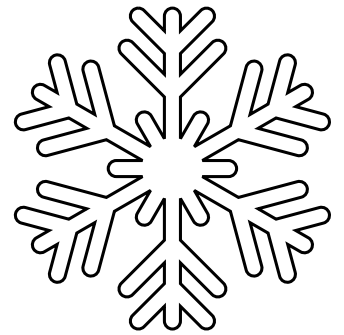
Spring



Summer



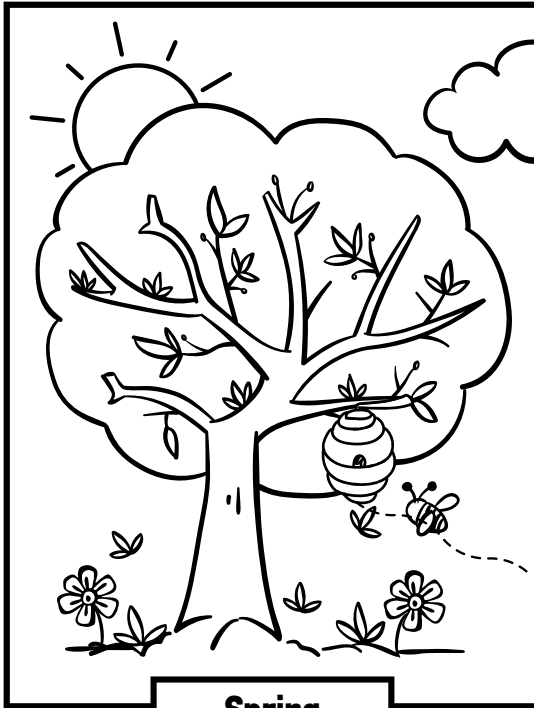
Fall



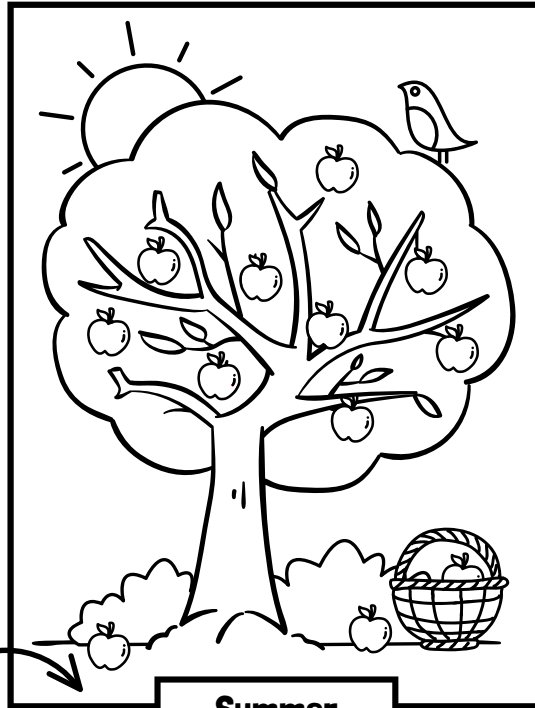
Winter

Ticks may be out searching for a host any time temperatures are above freezing.

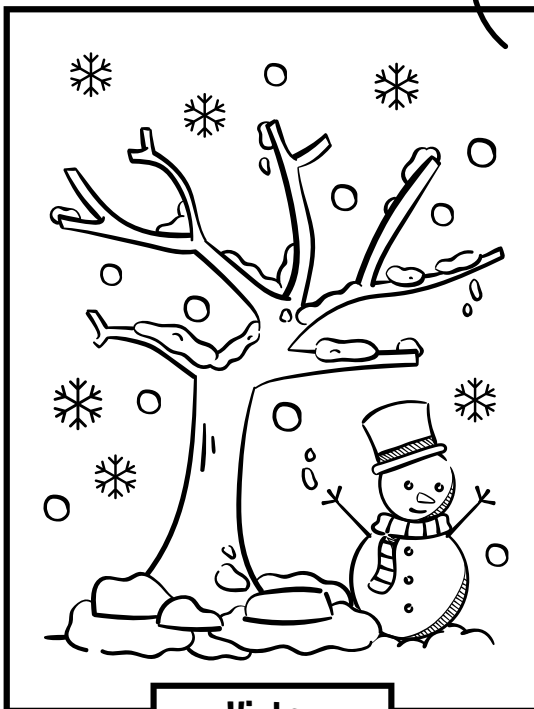
Coloring Activity



Spring



Summer

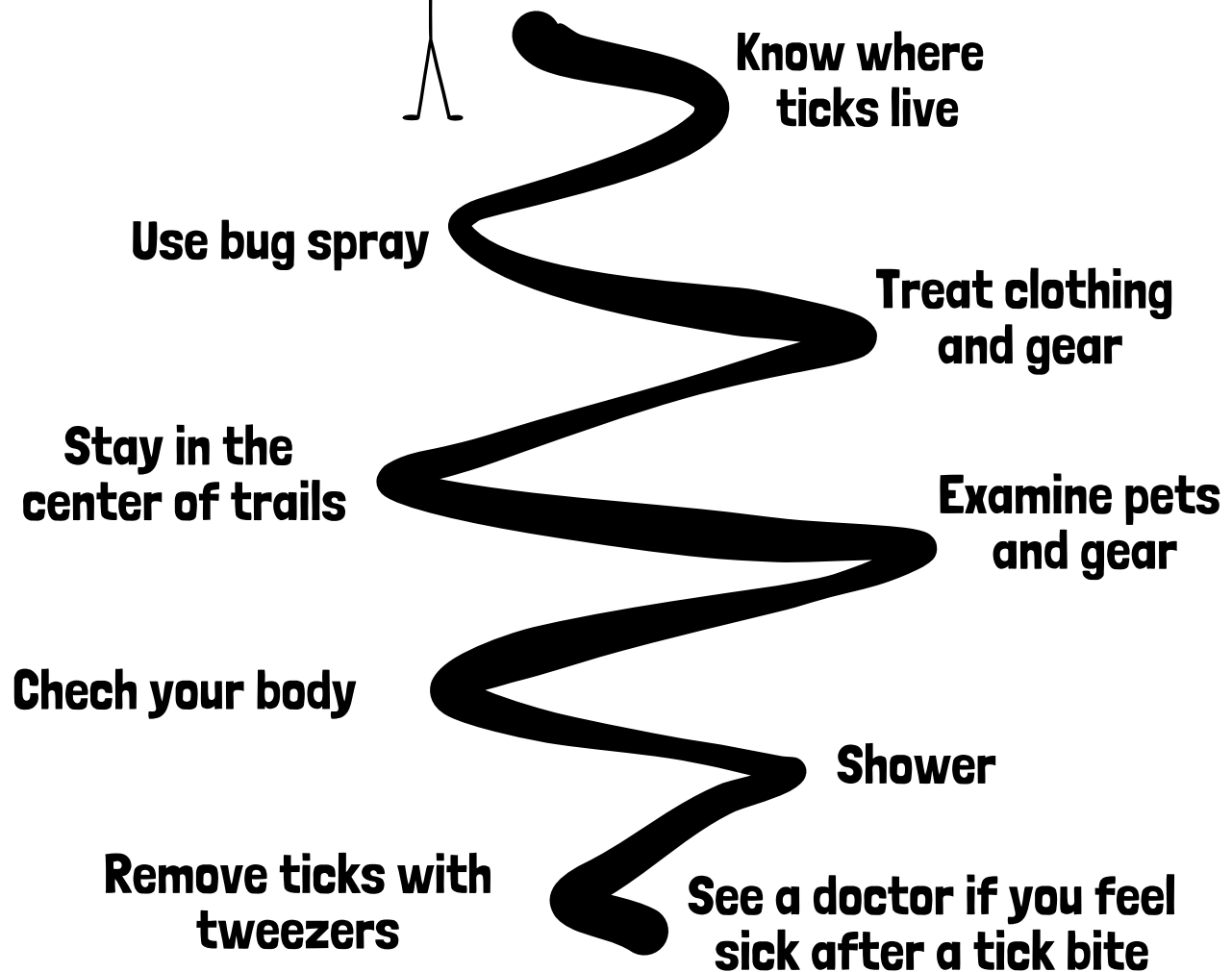
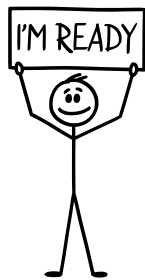


Winter



Fall

Zz is for **Zig Zag to Safety**



Word Search


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

ADULT
 BLACKLEGGED
 BLOOD
 BULLSEYE
 AMPING
 CHECK
 DEER
 FISHING
 GARDEN


GRASS
 HIKING
 HOST
 HUNTING
 LARVAE
 LEAVES
 NYMPH
 OUTDOORS
 PERMETHRIN

PREVENT
 RASH
 REMOVE
 REPELLENT
 SHOWER
 TICK
 TRAIL
 TWEEZERS

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



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