Did you know that a single tick can make you sick and that ticks can transmit an illness called Lyme disease to you and to your pets? In this brief, online session, get ready to learn tons about ticks, the diseases that they carry, and how you can protect yourself and your pets from tick-borne illnesses. Ready? Let's go.
Let’s get started!
Pronunciation Guide:

http://lymediseaseassociation.org/ledu/pron_guide.html
Today’s topic

Over the next half-hour, we will review the following topic:

• Keeping ticks at bay when you go out to play

Other modules available in this series are:

• Module 1: What is Lyme disease?
• Module 2: Tick-er Tape Parade:
  What are ticks and what do they look like?
• Module 4: Testing and treatment for Lyme disease

Pronunciation Guide:

http://lymediseaseassociation.org/ledu/pron_guide.html
Keeping ticks at bay when you go out to play
Play it safe!

So, how do you stay safe during tick season?

Take a look at the next several slides.

Pronunciation Guide:

http://lymediseaseassociation.org/ledu/pron_guide.html
Keep ticks at bay when you go out to play

Follow these guidelines:

- Wear long pants tucked into your socks
- Try to wear
  - long-sleeved shirts with tight cuffs
  - light-colored clothing
  - shoes and socks
- Tie up long hair or tuck it under a hat

Pronunciation Guide:

http://lymediseaseassociation.org/ledu/pron_guide.html
Keep ticks at bay when you go out to play

Follow these guidelines:

- Check regularly for ticks
- Look in outdoor clothing catalogs for special clothes that are tightly woven to prevent insect/tick bites
- When you come in doors, put your clothes in the dryer for 35-40 minutes if possible to kill lingering ticks

Pronunciation Guide:

http://lymediseaseassociation.org/ledu/pron_guide.html
Keep ticks at bay when you go out to play

When you come indoors:

- Have an adult check you for ticks, from head to toe.
- Pay special attention to areas like your scalp and neck, where ticks can hide under your hair.

Pronunciation Guide:

http://lymediseaseassociation.org/ledu/pron_guide.html
Keep ticks at bay when you go out to play

Here’s an example of an attached tick on a human.

The longer the tick is attached, the greater the risk of getting a disease from it.

Photo courtesy of Ed Mostore, MD

Pronunciation Guide:

http://lymediseaseassociation.org/ledu/pron_guide.html
Disclaimer
The LDA does make recommendations regarding the use of chemicals.

Pronunciation Guide:

http://lymediseaseassociation.org/ledu/pron_guide.html
How to ditch a tick

Let’s say that you have followed all of the precautions we have discussed and you still get a tick bite. Don’t panic.

Find an adult, who will follow these steps to remove the little blood sucker.

But first, here’s a list of things NOT to do....

Pronunciation Guide:

http://lymediseaseassociation.org/ledu/pron_guide.html
How to ditch a tick

DO NOT:

• Put anything on the tick
• Burn the tick
• Touch the tick with fingers
• Squeeze the tick

Pronunciation Guide:

http://lymediseaseassociation.org/ledu/pron_guide.html
How to ditch a tick

DO follow these steps:

- Apply tweezers close to skin on the head of the tick
- Pull the tick straight out; do not twist or squeeze it
- Clean the bite area afterwards with antiseptic
- Save the tick for testing, preferably alive, in a zippered plastic bag or a closed container with a moist cotton ball. (Check the Web for laboratories that perform tick testing.)

Disclaimer:

The Lyme Disease Association does not endorse the use of any particular brand of product.
End of Module

You have reached the end of Module 3: Keeping ticks at bay when you go out to play
If you have questions about any of the topics that we’ve discussed today, the LDA website, www.LymeDiseaseAssociation.org, offers lots of information so that you and your family can learn more!

In the meantime, be well and stay safe!
THANKS!

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