

## How can I Keep Ticks Away?

- You can wear insect repellent and stay out of tall weeds.
- Avoid tick infested areas (bushes, brush and overgrown grass).
- When hiking, walk in the center of the trail.
- Wear long-sleeved and light colored shirt, and long pants.
- If you are in a place where ticks live, take a bath or shower after you come inside.
- Let your parents check you for ticks afterwards.
- Conduct a full-body tick check using a hand-held or full-length mirror to view all parts of your body upon return from tick-infested areas.

Protect yourself from tick bites!



### DC Department of Health Animal Services Program

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**DC Health Website**

For information on

Zoonotic Diseases go to:

<https://dchealth.dc.gov/page/zoonotic-diseases>

Protect yourself from tick bites!



## Preventing Lyme Disease



DC | **HEALTH**

WE ARE  
DC GOVERNMENT OF THE  
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MURIEL BOWSER, MAYOR

## What is Lyme Disease?

- An illness that is caused by the bite from a tick.
- The 'bull's eye' rash is a sign of Lyme disease.



- Ticks are most commonly found in the woods, bushes, shrubs, leaves, and tall grass.
- Remember—ticks can be found in your own backyard.

## What is a Tick?

Ticks are related to spiders. They have 8 legs. But they don't spin webs and



they don't eat insects. All ticks are small, but blacklegged ticks (sometimes called deer ticks) are very small. This is an adult blacklegged tick close-up.

## How do Ticks Bite Us?

After climbing on a person or animal, ticks find a good place to attach themselves. They might hide in your hair, or behind the knee, even in your underwear! Then, the ticks bite into a person or animal's skin and start drinking their blood. Tick bites don't usually hurt, so you may not even notice it. The tick can stay attached for a few days. When it is full, it will fall off.

## What if I Find a Tick on Me?

- DO NOT twist, squeeze, crush or puncture the tick, because its fluids might make you sick.
- If you find a tick on your body, tell someone else.
- They can use tweezers to pull it off. Then they should wash the bite with soap and water or disinfectant.

**Identify the Bite** Parents should check their children for ticks under the arms, in and around the ears, inside the belly button, behind the knees, between the legs, around the waist, and especially in their hair.

Illustrations courtesy of Jerome Mayo and the U.S. Centers for Disease Control and Prevention.

**How can I Stay Healthy?** If a tick bites you and soon after you get a **fever**, a **skin rash**, or feel **really, really tired**, tell your family. The tick may have given you some germs. See a doctor to find out if you need medicine.