

# Sick After a Tick Bite?

Symptoms of early tick-borne illness can often look like the flu...

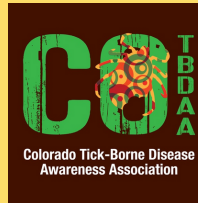
- Rashes (any kind)
- Headache
- Chills
- Sweats
- Fatigue
- Upset Tummy
- Vomiting
- Pain
- Changes in mood or behavior

Tell a parent or guardian if you feel sick or icky after a tick-bite!

## Colorado Tick-Borne Disease Awareness Association

ColoradoTicks.org

Follow us @ColoradoTicks



# Colorado Tick Check

FOR KIDS!



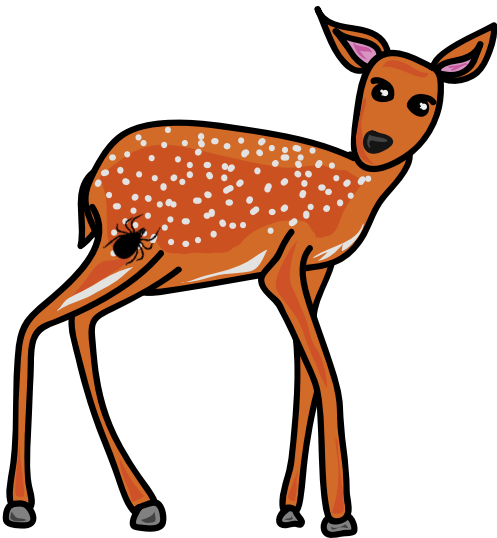
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# Don't Let a Tick Make You Sick!

## How to Prevent a Bite

- Wear light colored clothing, long pants with shirts tucked in, pants tucked into socks or leg gaiters.
- Wear bug repellent on clothing & on skin.
- Avoid sitting on logs or against trees.
- Avoid touching wildlife.
- Stay to the center of trails when hiking.
- Shower as soon as you return home from tick habitat.

## DO TICK CHECKS!



## How to Tick Check

### Ticks can be tiny!

- Ask a parent or other trusted adult to help with TICK CHECKS.
- Check clothes outside & then place directly in the dryer on high heat for 10-20 mins to kill ticks that might be clinging.
- Check head, ears, nape of neck, waist, belly button, between your legs, back of knees, and even between your toes!
- Use a mirror to check in places you can not see easily.
- If you find a tick, get the help of a parent, guardian or trusted adult to remove quickly and properly.
- The sooner a tick is removed the less chance it has to transmit germs.

## PETS NEED CHECKS TOO!



## How to Remove a Tick

- Ask a parent or other trusted adult to help with proper tick removal!
- Always use fine point tweezers, never use your fingers!
- Grasp tick by the mouth-parts as close to skin as possible and pull gently straight out!
- Clean & wash bite site and hands.

\*Never put ANYTHING on the tick to try to get it to back out!

## SAVE THE TICK!

\*Information contained in this brochure is for educational purposes only. If an individual suspects a tick-borne infection, they should consult with a health care provider that is familiar with the diagnosis and treatment of tick-borne diseases.