

## The “Check for Ticks!” Song\*

Sung to the tune “When you’re happy and you know it...”

When you’re walking in the woods, check for ticks! (CLAP, CLAP)

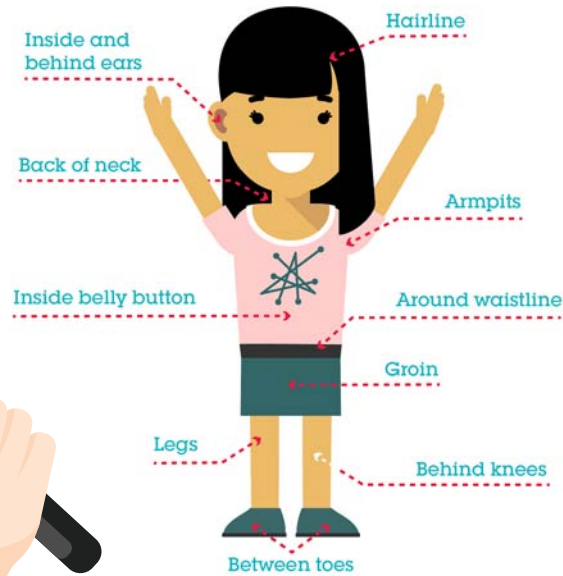
When you’re running through the fields, check for ticks! (CLAP, CLAP)

Check your hair and check your skin, there’s no way they’re getting in!

When you’re having fun outside, check for ticks! (CLAP, CLAP)

**ANYTIME** you play outside—check for ticks!

**BE TICK  
AWARE!**



Where to check for  
**TICKS** 

Graphic source: WebMD/Mass. Dept. of Health and Human Services

**Find more tick-related resources online at these websites:**

1.) <https://natcaplyme.org/>

*The following link has 2 downloadable brochures:*

*Lyme Disease, What-You-Need-To Know and Why Test Your Tick?*

2.) <https://natcaplyme.org/tick-borne-diseases/#resources>

3.) <https://kidshealth.org/en/kids/tick.html>

4.) <https://kidshealth.org/en/parents/tick-removed.html>

5.) <https://www.lymedisease.org/lyme-rap-video/>



\*The *Check for Ticks* song was shared with The Institute —

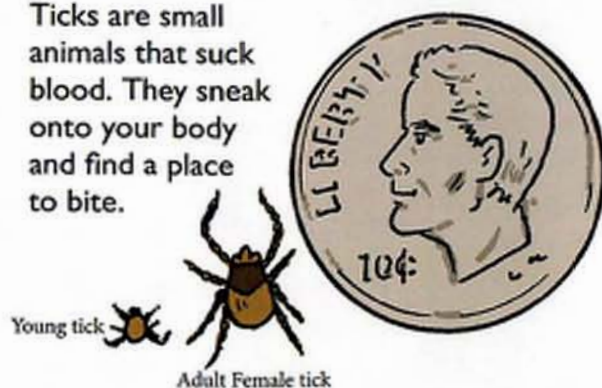
**#lymediseaseawareness**

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# WHAT ARE TICKS?

Ticks are small animals that suck blood. They sneak onto your body and find a place to bite.



Tick bites are dangerous because they can give you diseases like Lyme disease.

Ticks do not fly. They wait in tall grass or low bushes until someone comes along. Then the tick grabs on and wanders around until it finds a place to bite.



[www.natcaplyme.org](http://www.natcaplyme.org)

Please visit our website for more information on ticks and tick-borne diseases

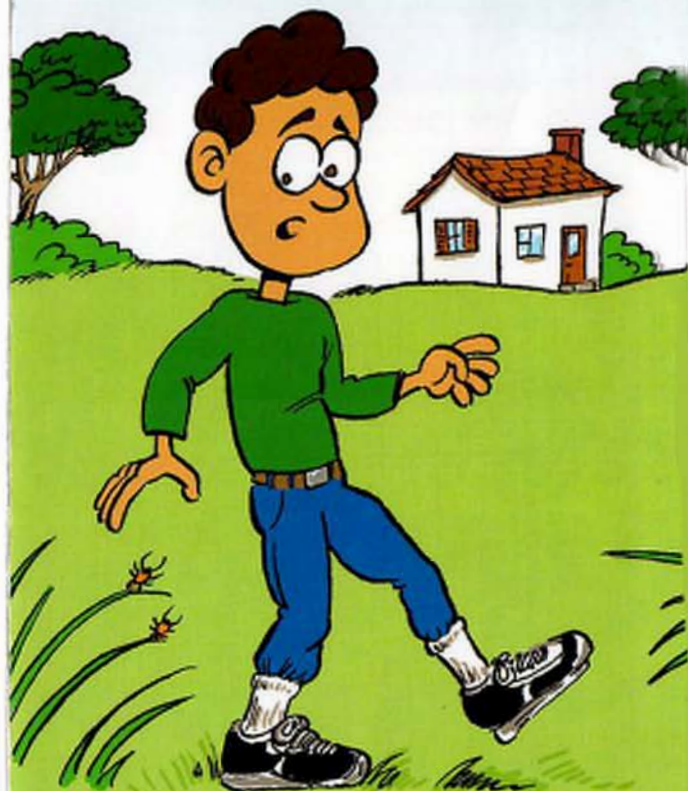
**National Capital  
Lyme Disease Association**

P.O. Box 8211, McLean, VA 22106-8211  
(703) 821-8833



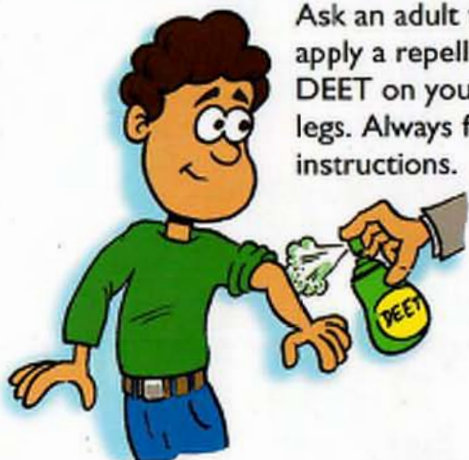
*Courtesy of the Fairfax County Health Department.*

# HOW TO BE TICK FREE!



# PROTECT YOURSELF!

DEET repels ticks. Ask an adult to help you apply a repellent containing DEET on your arms and legs. Always follow label instructions.



Wear long-sleeved shirts and long pants. Tuck your shirt into your pants and then tuck your pants into your socks to help keep ticks outside your clothes.



Ticks like to sit in the grass and in bushes. Stay in the center of paths when you are out walking. Also, don't sit or lie directly on the ground.



# CHECK YOURSELF!

Ticks crawl ALL OVER a person until they find a good place to hide. ALWAYS check yourself for ticks after being outside, especially in areas where ticks hang around. A tick may feel like a small bump. Some ticks look like freckles.



Use a mirror and your fingers to check for ticks. If you feel a bump or see a new freckle, a moving freckle or a freckle with legs, ask an adult to check it.



Remember, ticks can be anywhere, so check EVERYWHERE when you bathe!



# IF YOU GET A TICK...

Ticks should be removed as soon as possible. Ask an adult to use tweezers to remove the tick.



Grab the tick as close to the head as you can. Pull gently until the tick lets go. Wrap the tick in tissue and seal it in a plastic bag with name, date and contact information. Bring it to your local Health Department or nearest lab to have it identified and tested for Lyme and other tick-borne diseases.



Clean the bite area after the tick is removed.