

## Can You Get Sick From a Tick?

Most of the time, no. But ticks can also carry diseases ... like Lyme disease and Rocky Mountain spotted fever.

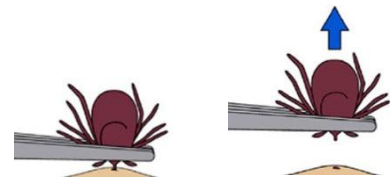
Lyme disease starts off with a 'bull's-eye rash.' You might also have fever and aches. If you get a bull's-eye rash, you should tell an adult so they can take you to a doctor.

Rocky Mountain spotted fever and some other diseases carried by ticks start off with fever and headache. You might also get a rash. If you don't feel well, you should tell an adult so they can take you to a doctor.

## What Can You Do to Avoid Ticks?

It is no fun being sick from a tick, so it is better to keep them from biting. Here's what to do at summer camp:

- Ticks like to live in the woods with piles of leaves and shade. They also like weeds and tall grass. If you go into areas with woods or weeds:
  - If you can, stay on the trail.
  - Wear long-sleeved shirt and pants. You can even tuck your pants into your socks to keep ticks away.
  - Use bug spray with 20% DEET on bare skin, particularly near the bottom of the pant legs and the ends of sleeves. Read the directions on the bug spray. Follow the directions.
  - After you have been in the woods or in weeds, check for ticks. Ask a friend to help.
  - Take a shower after hiking to help get rid of ticks.
- If you find a tick stuck in your skin, ask an adult to help you remove the tick: Ticks should be removed with a pair of fine tipped tweezers. With the tweezers, grab the tick firmly and as close to the skin as possible. Pull the tick steady and gradually away from the skin. Clean the tick bite site with soap and warm water.



## For More Information:

- [www.cdc.gov/ticks/index.html](http://www.cdc.gov/ticks/index.html)
- [www.nps.gov/public\\_health/di/vb\\_ia.htm](http://www.nps.gov/public_health/di/vb_ia.htm)
- [www.dhhr.gov/oeps/disease/Zoonosis/Tick/Pages/default.aspx](http://www.dhhr.gov/oeps/disease/Zoonosis/Tick/Pages/default.aspx)