

Lyme Disease Prevention Activity Booklet



BLAST



B-L-A-S-T is an easy way to remember the five simple steps you can take to protect yourself, family, and pets from Lyme disease.



B-L-A-S-T is an acronym for bathe after playing outdoors, look for ticks, apply repellent, safeguard your yard, and treat your pet.

Note to Parents and Educators

This activity book was created to offer parents and educators an interactive way to talk to kids about ticks and ways to prevent tick bites.

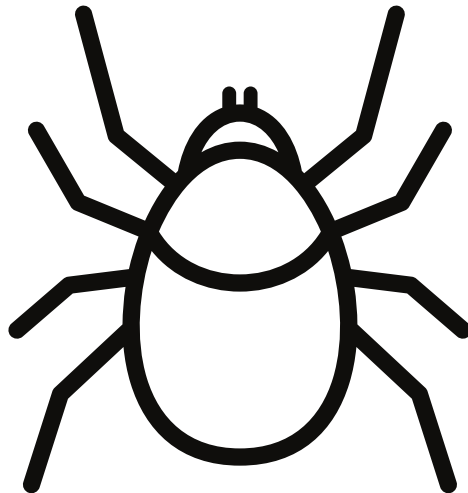
It is important to know that the ticks can transmit diseases such as Lyme disease, Powassan, Babesiosis, Anaplasmosis, and others.

Avoid ticks and tick bites by doing regular tick checks or wearing protective clothing and using repellent.

Lyme disease is preventable!



A tick is a small arthropod.



*Black-legged tick

Which one is smaller?

Circle the picture that is the smallest.



tick



seeds



dime

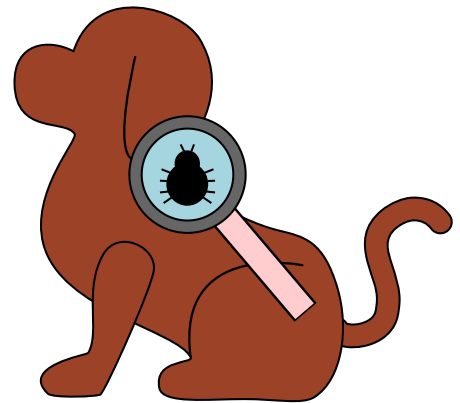
Ticks are found around damp,
tall, grassy, or wooded areas.

KEEP AWAY FROM TICKS!

Find the four hidden ticks and color them.



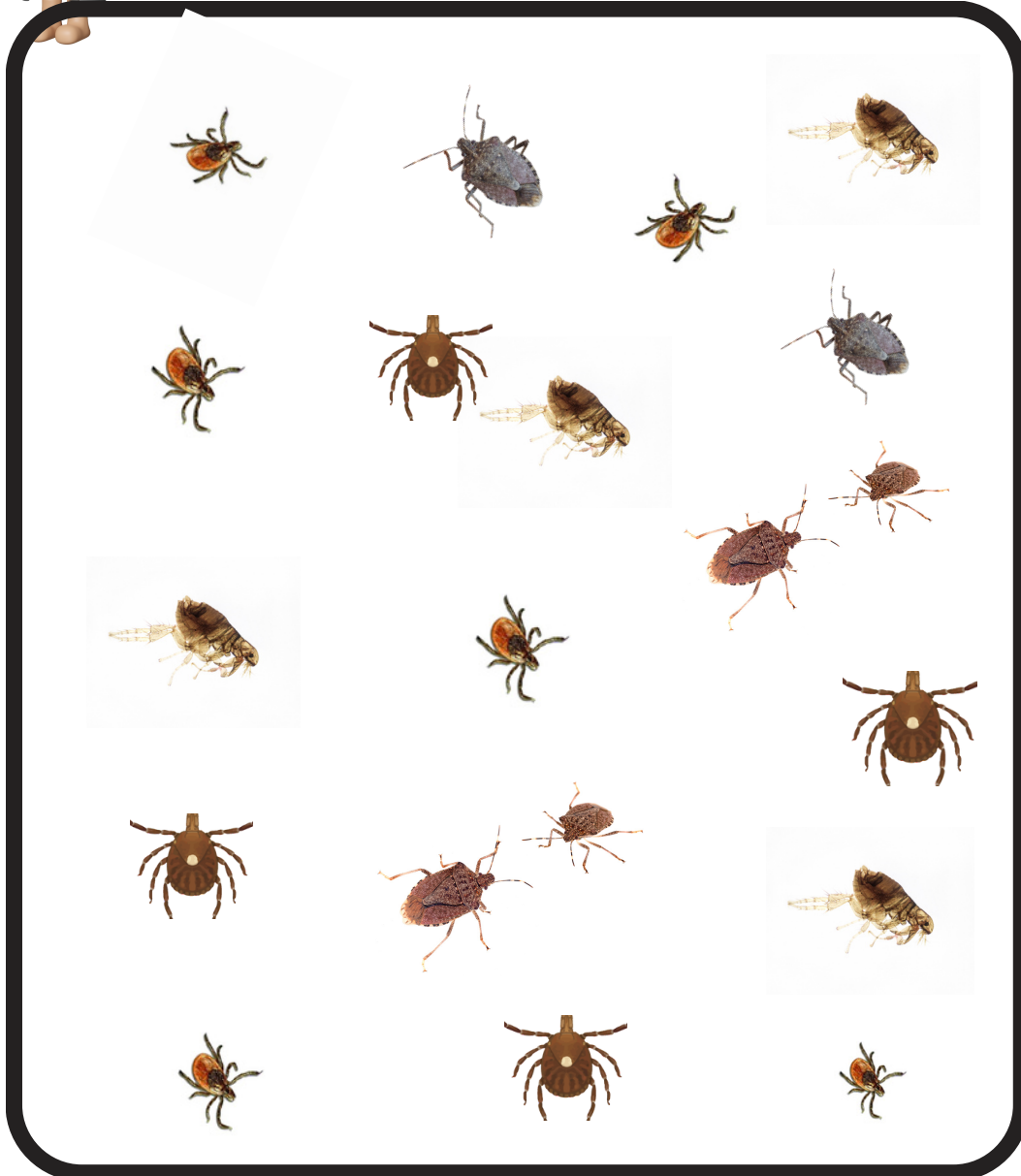
Ticks like to bite people and animals.



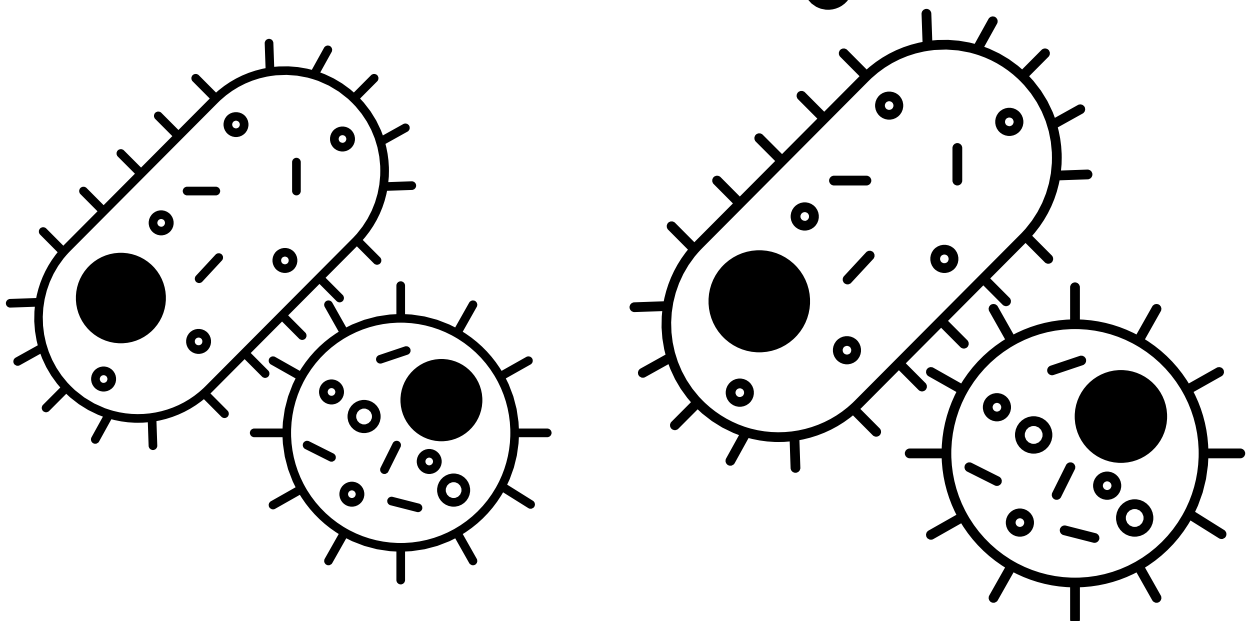
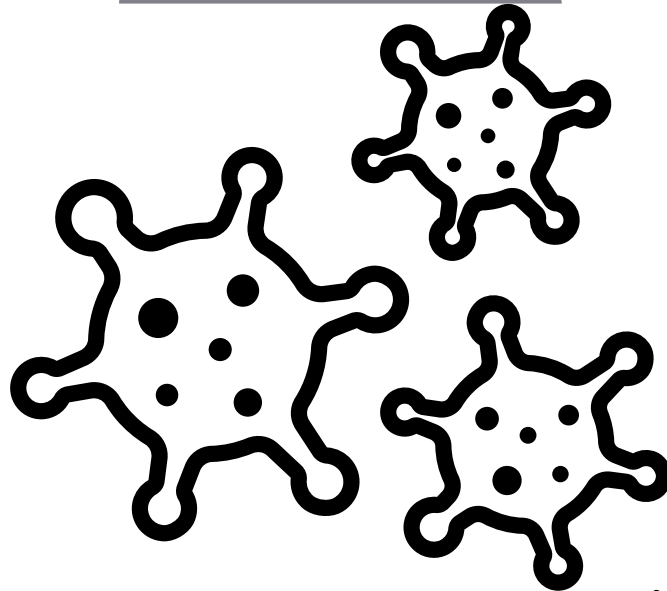
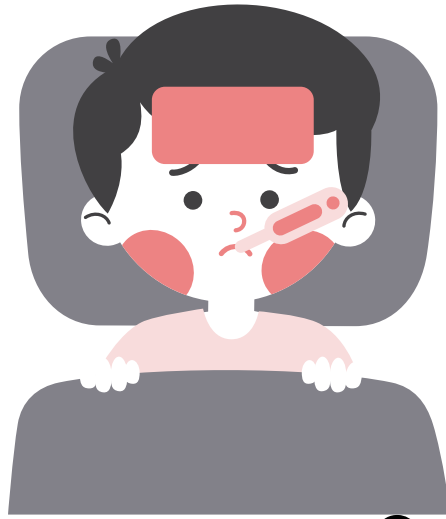


PICK THE TICKS!

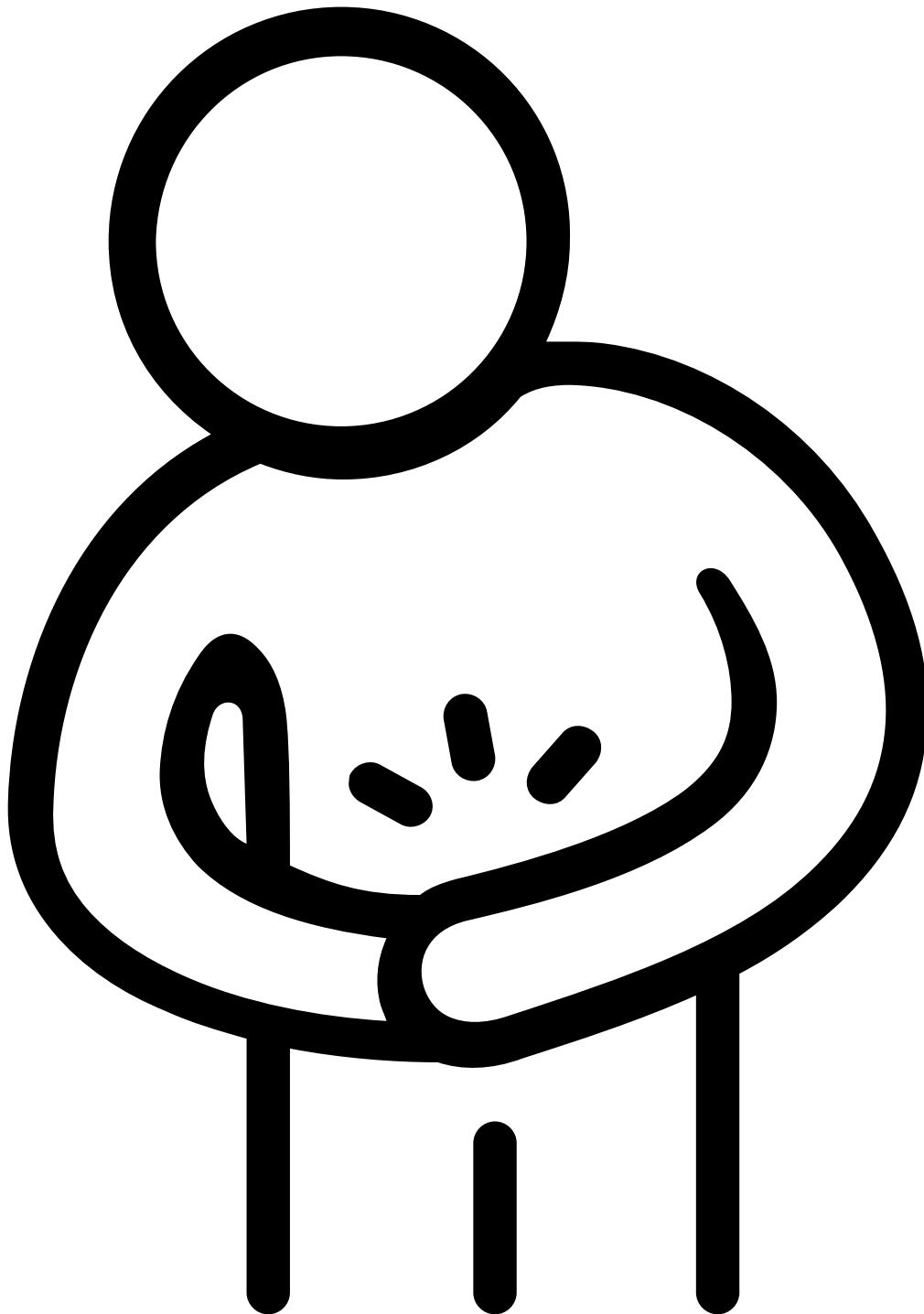
How many blacklegged ticks are there?
Count them and write the number in the box.



Ticks carry germs.



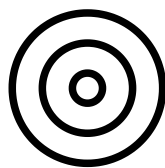
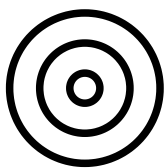
A tick can make you sick.
A tick bite can cause pain,
body rash, fever, or chills.

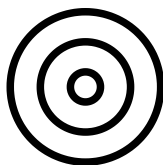
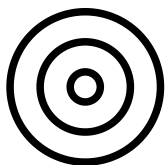


A bull's eye rash is one of the first symptoms of Lyme disease.



Can you complete the bull's eye pattern?







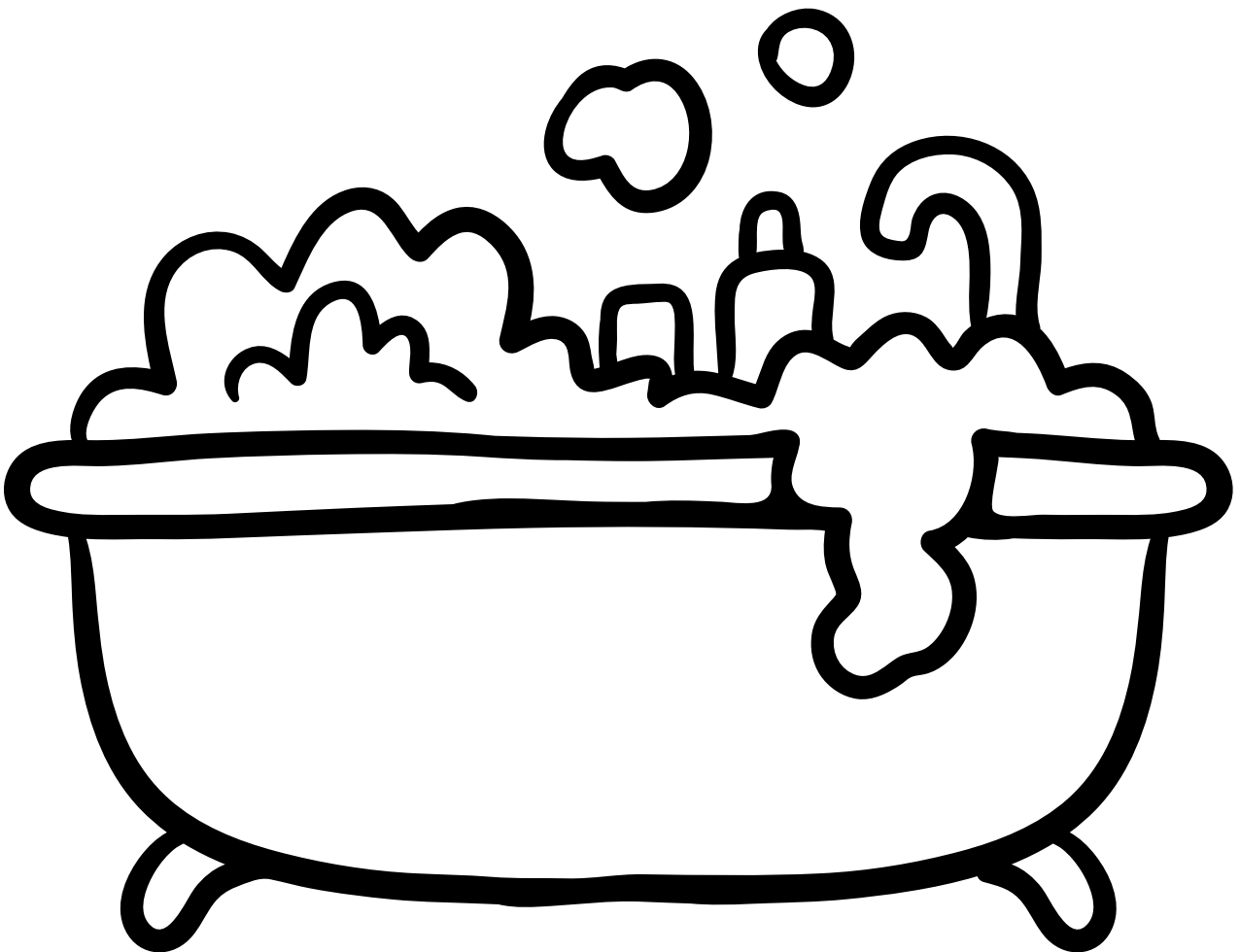
Not everyone gets a bull's eye rash. If you have been bitten by a tick, it is important to see your doctor.

**The best ways to prevent
Lyme disease are to.....**

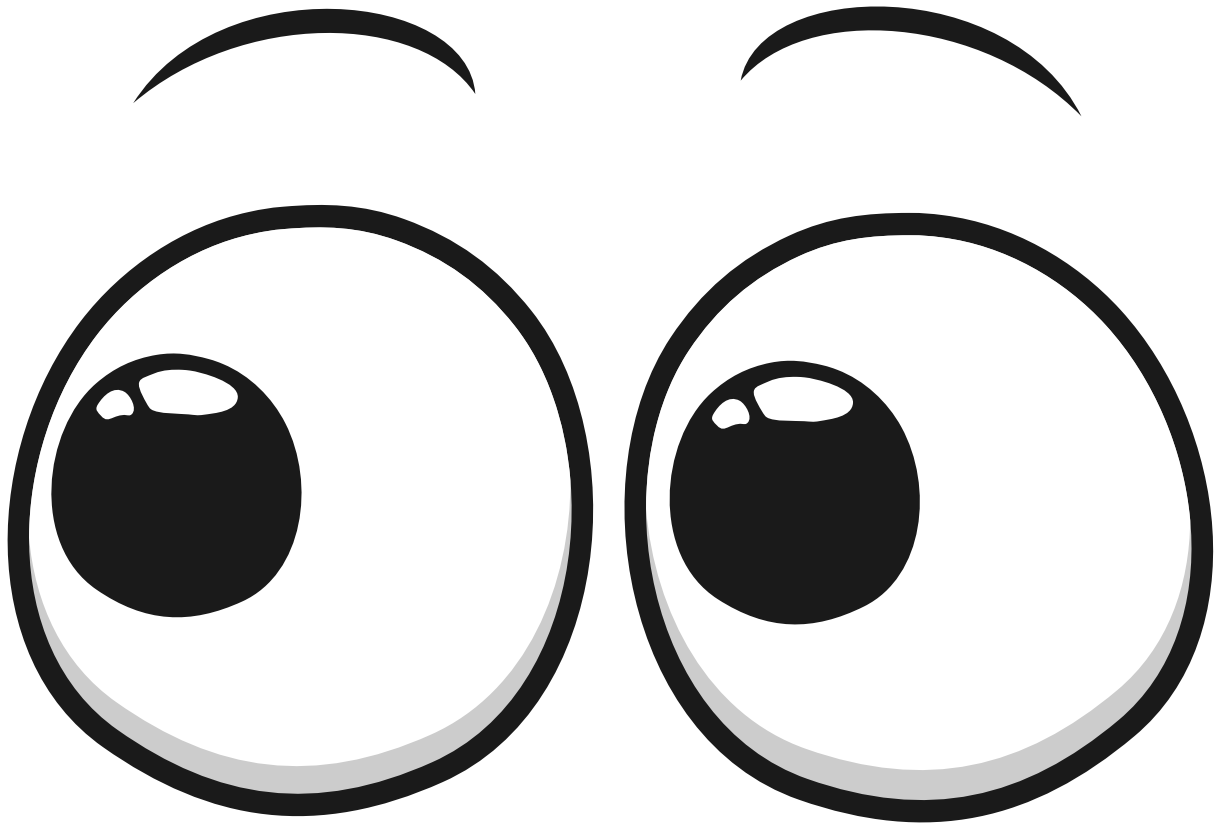


Blast

Bathe after playing outdoors.



B L ast

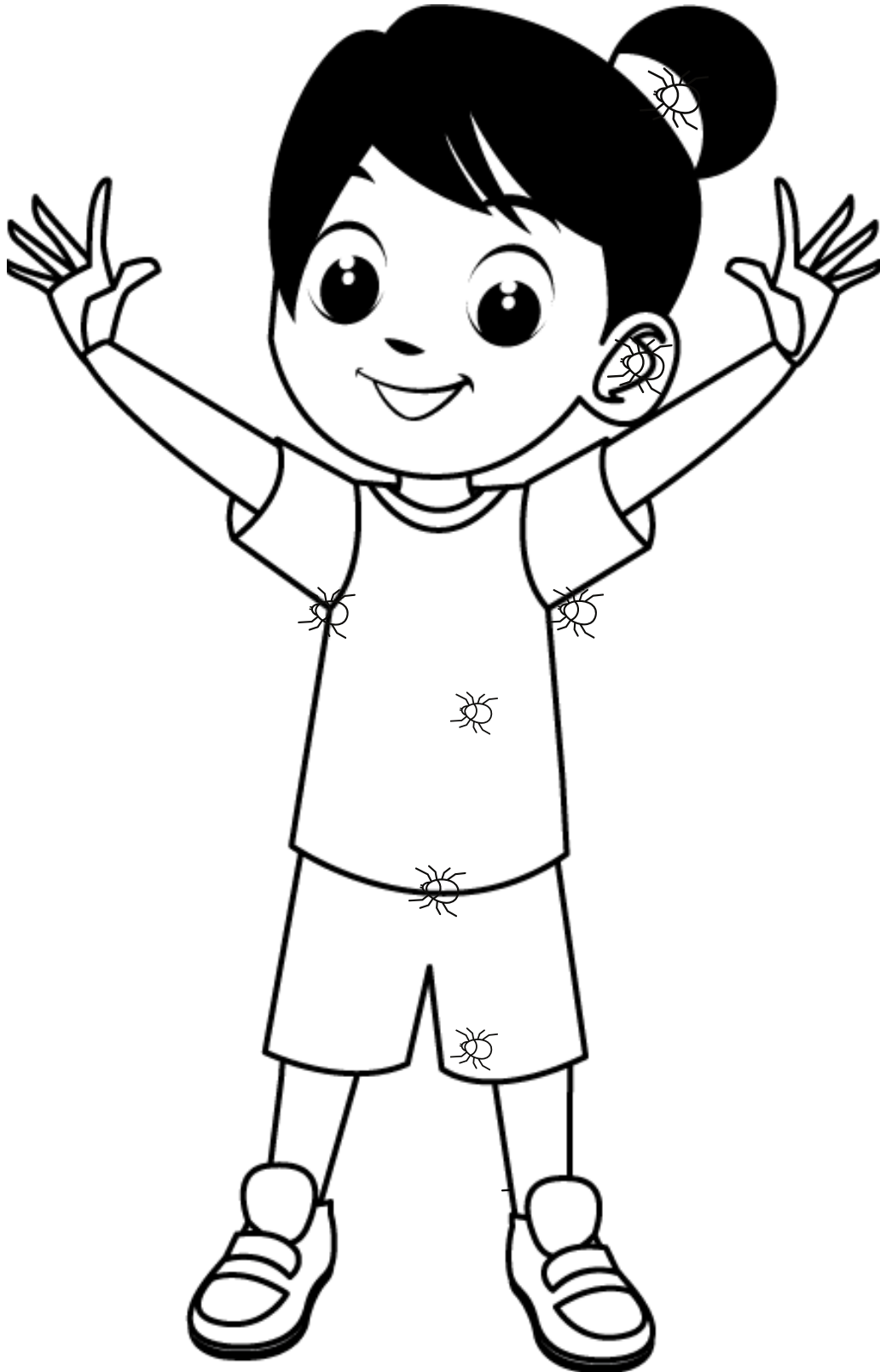


Look for ticks.

In and around the ears
Inside belly button
Back of the knees
In and around the hair
Between the legs
Around the waist
Under the arms

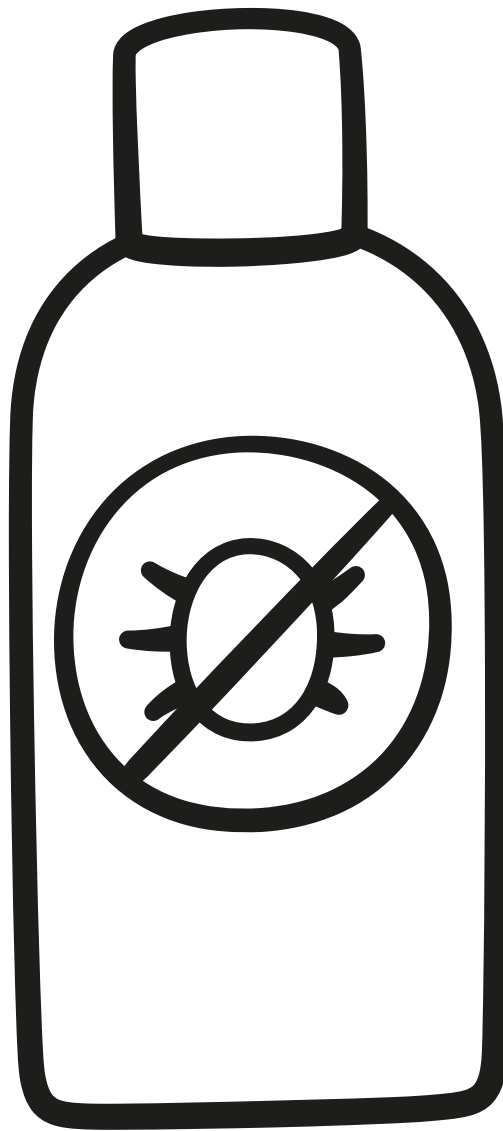
Check for ticks!

Put a red X on the places to check for ticks.



BlAst

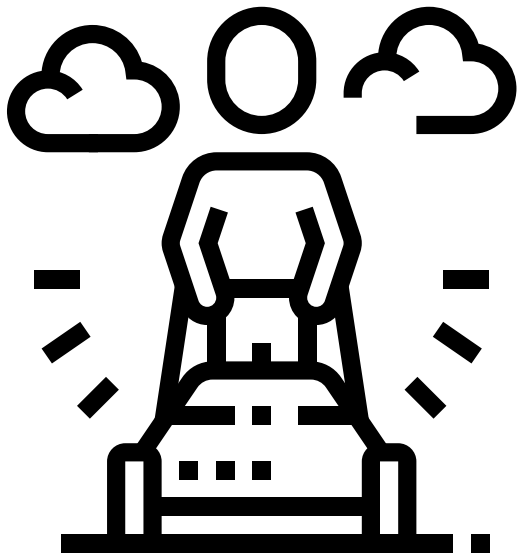
Apply repellent.



Ask an adult to help you do this.

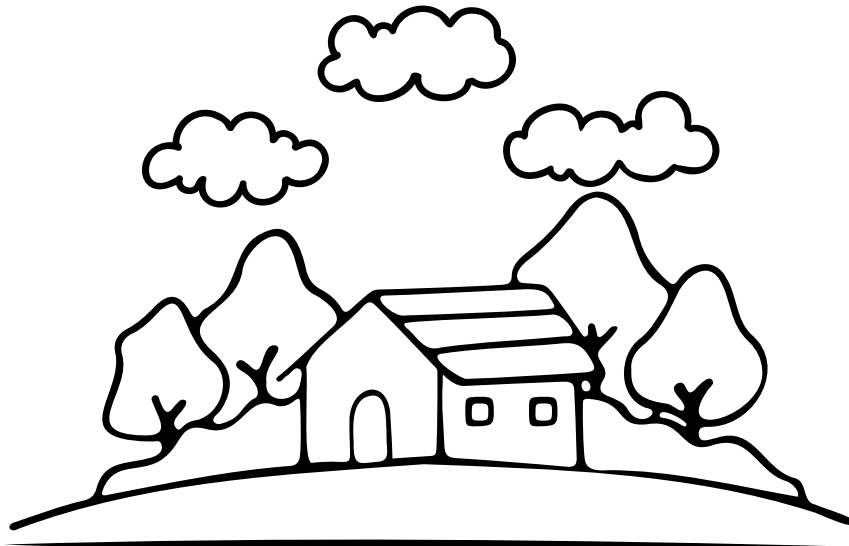
Bla S t

Safeguard your yard.



Create tick safe zones!

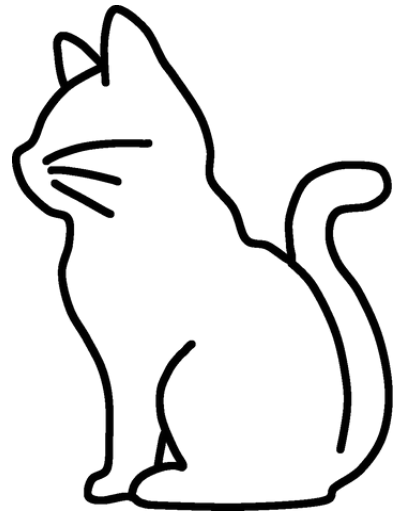
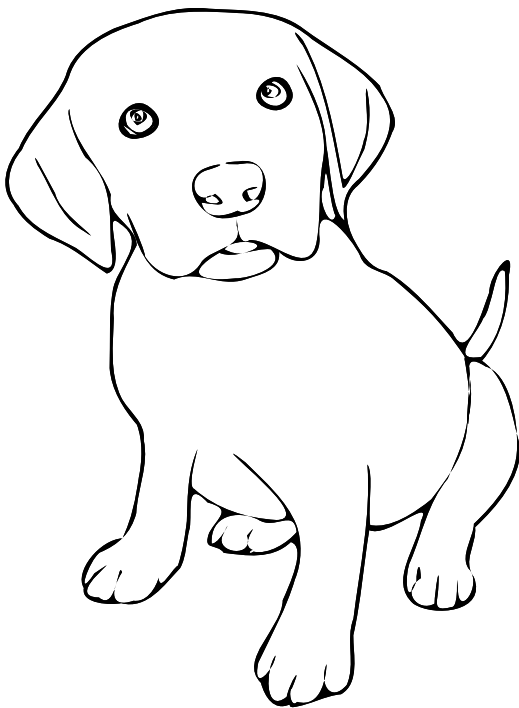
- Cut grass regularly.
- Remove leaf piles.
- Keep playground equipment away from yard edges and trees.



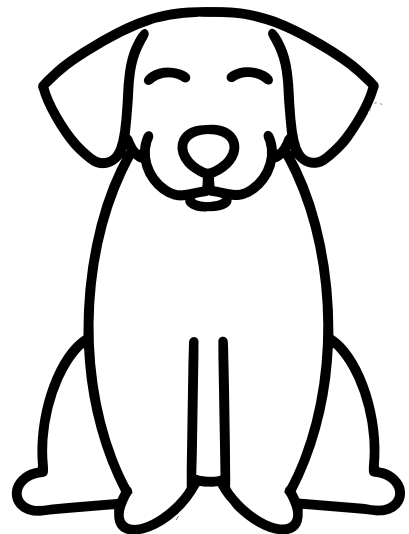
T Blas



Treat your pets.

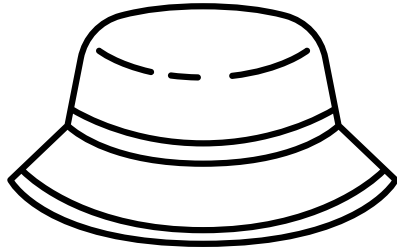


Talk to your Vet.

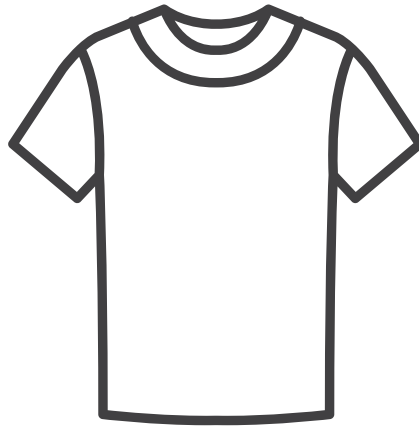


Protective Clothing

Color the clothes that keep you safe from tick bites.



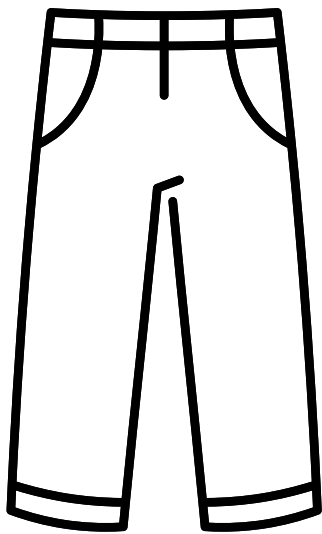
hat



T-shirt



boots



pants



shorts



socks



sandals

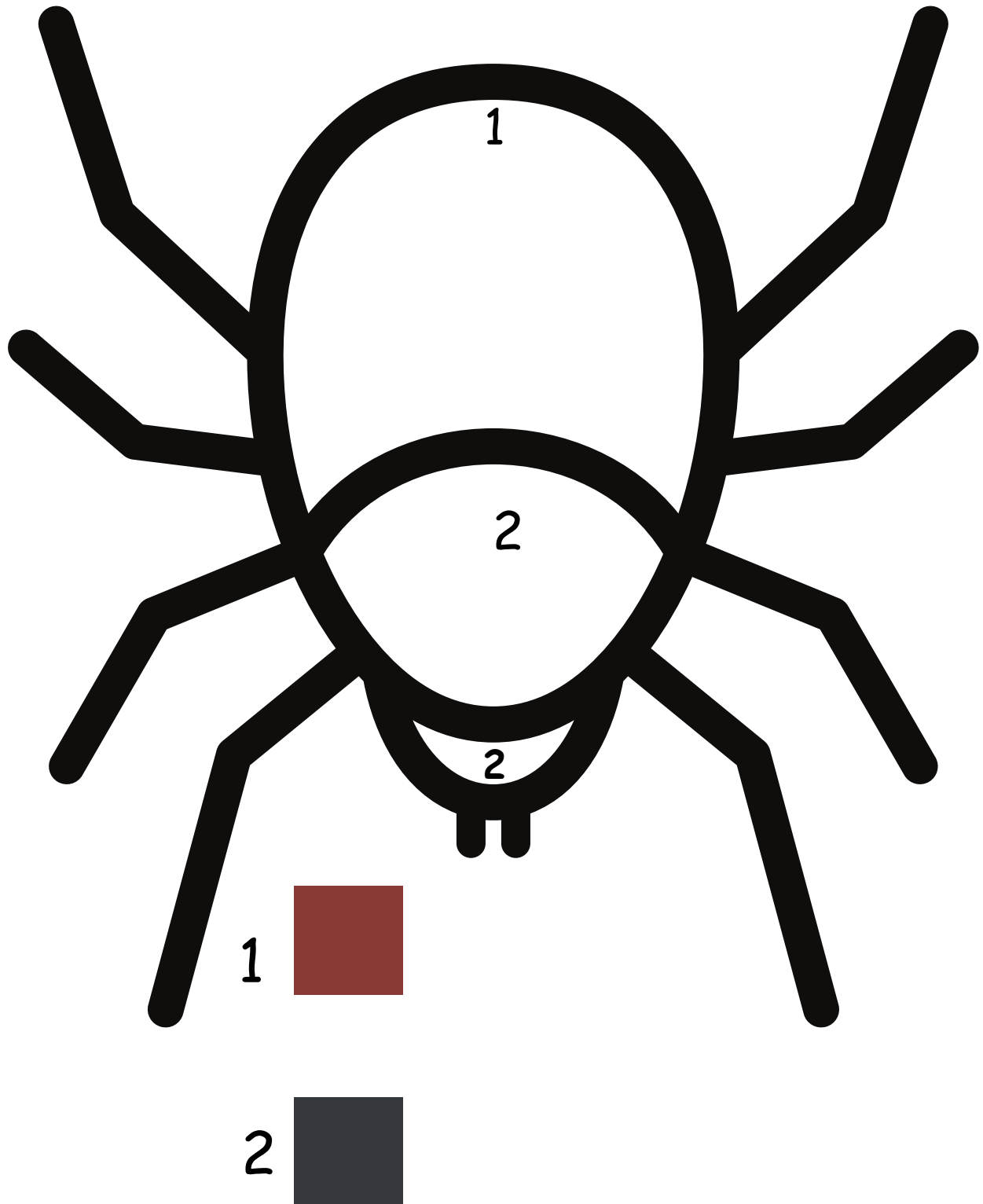


long sleeve shirt

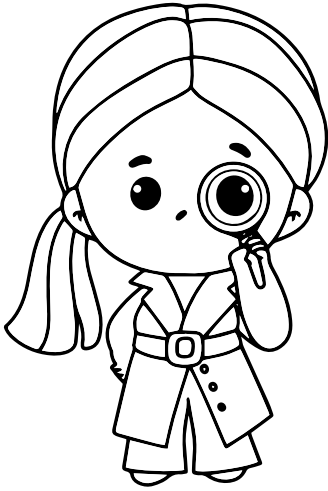


flip flops

Color the tick.



UNCOVER THE HIDDEN MESSAGES!



The best method of prevention is to avoid ticks and tick bites is by doing regular tick checks and using repellent!

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Message key

A=1 B= 2 C= 3 D= 4 E = 5 F=6 G=7 H=8 I=9

J=10 K=11 L=12 M=13 N=14 O=15 P=16

Q=17 R=18 S=19 T=20 U=21 V=22

W=23 X=24 Y=25 Z=26

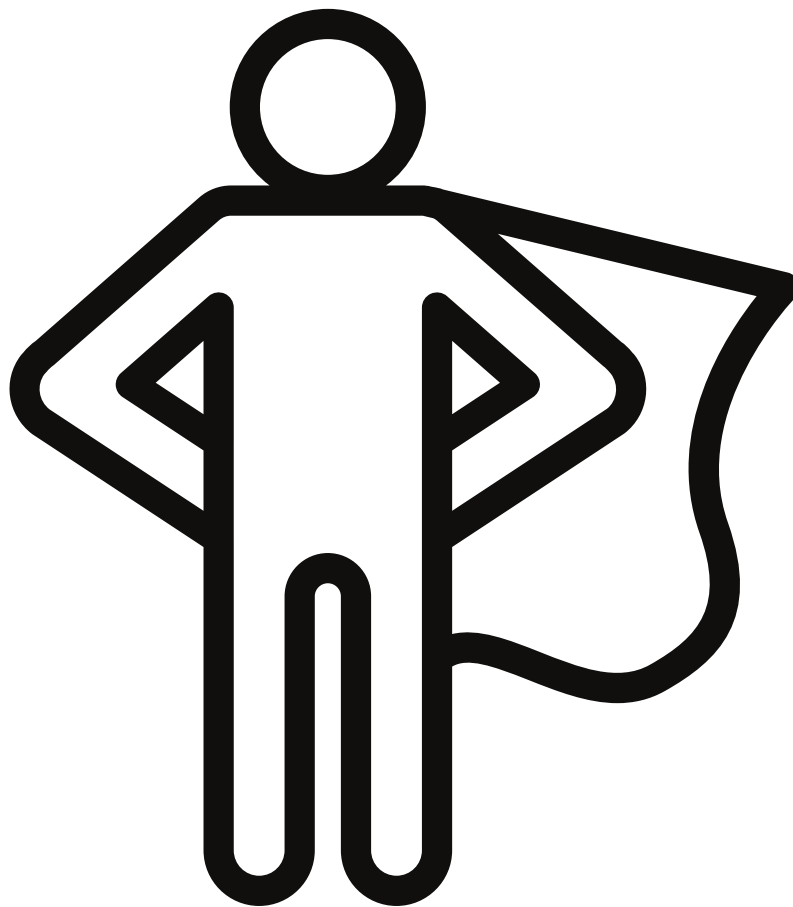
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Good job!

(Your Name)

Is a Lyme disease fighter!

**Go share what you learned with
your friends and family.**



For additional information about Lyme disease or other tickborne diseases, visit the following websites:

www.de.gov/lyme

www.DE.gov/infectious

www.cdc.gov/lyme/signs_symptoms

Scan for fun activities



DELAWARE HEALTH AND SOCIAL SERVICES
Division of Public Health
Office of Infectious Disease Epidemiology