In nature
ticks bite animals.

Don't Let the Ticks Bite!

- Baby ticks feed on small animals. Can you find the 5 baby ticks ("larva") in the picture above? Hint: they have 6 legs.
- After the larva suck blood, they become a larger tick, called a nymph. Nymphs have 8 legs.
- Nymphs suck blood from another small animal.
- After the nymphs eat, they become adult ticks. Adult ticks look just like nymphs, but bigger.
- Adult ticks like to suck blood from deer. When ticks suck blood, their bodies expand and they look like a raisin with legs.
- When an adult tick is done feeding, it will lay eggs. The eggs will hatch into larva ticks and start the cycle all over again.
- Oops! Sometimes nymphs and adult ticks accidentally bite a person instead of an animal.

Ticks are small spider-like creatures

- They feed by attaching to animals and sucking blood.

If you find a tick stuck to your body:

Remove it quickly and properly. An adult can help you get the tick out of your skin with tweezers.

How to remove a tick:

1. Grab the tick close to your skin with the tweezers or a tissue and pull straight out.
2. Wash where the tick bit you.
3. Wash your hands.
4. If you get sick after a tick bite you should go to the doctor.

Protect yourself from ticks!

When you hike, camp or play where ticks are found:

- Wear bug spray.
- Wear long pants and a long-sleeved shirt.
- Stay on trails when you hike.
- Check for ticks while you hike AND after you come back inside.
- Take a shower to help wash off ticks.

[Diagram of tick life cycle]

Can you guess what this is?

A) A cactus garden
B) A saw and some logs
C) A tick's teeth really, really close up

Ticks are found in the forest or wild, grassy areas, especially alongside trails.

- Ticks wait at the end of a piece of grass or on logs until an animal or person brushes against them.
- After ticks get on an animal or a person they look for a good hiding place and so it is hard to see them.
- Ticks bite and suck blood.

Some ticks give germs to people and pets that can make them sick.

Check for ticks!

- After you go for a hike, or everyday if there are ticks where you play:
  - Check everyone in your family for ticks.
  - Look hard to find them because ticks are very tiny, especially the small nymph ticks.
  - Ask your parents or another adult to help you do a tick check.
  - Check your pets very carefully. Ticks can be hard to see on animals with dark fur.

California Department of Public Health
Vector-Borne Disease Section

Timothy is sure to follow these tips to avoid getting bitten by ticks

Timothy Tickfinder and his dog Bullseye

A) A cactus garden
B) A saw and some logs
C) A tick's teeth really, really close up

Timothy checks himself, Bullseye and other members of his family for ticks regularly.