Ridgefield Health Department
Ridgefield, CT 06877
Blastlyme.org
What is a tick?
A tick is a tiny bug.
Where do ticks live?
Ticks can make you sick.
Ticks can give you Lyme disease.

- Tired
- Headache
- Achy Joints
- Fever
Lyme disease may give you a rash.
If my friend has Lyme disease, can I catch it too?
NO!

You can only catch Lyme from Ticks!

If your friend is sick, be EXTRA nice to them!
How does a tick give you Lyme?
Ticks can bite you.
Will it hurt if a tick bites me?

NO!
You might not feel the bite at all!
What if I find a tick on myself?
Tell a Grown-up!
They will take the tick off of you.
Bring the tick to the Health Department.

They can tell you if it had Lyme disease.
What’s the BEST way to keep ticks off you?!
BLAST stands for the 5 ways to keep ticks away from you!
Bathe soon after coming indoors
bLAST
LOOK for Ticks and Rashes
Ask your Mom or Dad to help you look for ticks every night!
BLAST
Apply Repellants

Use bug spray to keep ticks away!

You can use one for your skin or one for your clothes.
Spray your yard

Some families do not want to spray.

If they do, your family should have a bug spray company to spray your yard!
BLAS T
Treat your pets

• Check your pets for ticks!

• Ask your vet what you can put on your pet to keep ticks off of them.

• Don’t sleep with your pet because ticks on your pet may crawl onto you!
Quiz Time!
Lyme Disease!
Be a LYME Fighter!

Together we can

BLAST!

Lyme Disease!