



## Activity: Tick Activity Chart

Ticks are small, slow bloodsuckers. The most common species live for two years, but only eat three times in their entire lives. Knowing when ticks are actively looking for a blood meal can help us stay safe and remember to do daily tick checks when we've been outside.

Track when ticks are active by catching them when they crawl on you, your family, or even your pets. Put them between two pieces of tape. Then tape them to the six month chart below.

<b>MAY</b>	<b>JUNE</b>	<b>JULY</b>
<b>AUGUST</b>	<b>SEPTEMBER</b>	<b>OCTOBER</b>

### Daily Tick Check

Ticks hide when they bite, so use a mirror to look in hard-to-see spots like:

- ▶ Behind Knees
- ▶ Under underwear
- ▶ Under Socks
- ▶ Behind ears

### Symptoms of Tick Born Diseases

- ▶ Summertime flu (fever, aches, exhaustion)
- ▶ Skin rashes (though every tick leaves a bug bite, just like a mosquito)

### What tick did you catch?

- ▶ Use the ID card from TickEncounter to identify your ticks. As blood sucking parasites, different species of ticks can carry different diseases in their spit, but they can only pass on those diseases if they bite you.
- ▶ For example, black legged ticks (also known as deer ticks) are the only ticks that carry Lyme disease, the most common tick born disease in New England. Black legged ticks must be biting and feeding for 36-48 hours to transmit the disease. Plenty of time to do a tick check!

