

# Pesky Ticks

*[Announcer] This program is brought to you by the Centers for Disease Control and Prevention.*

[Karmen] Hi kids! Welcome to CDC Kidtastics Radio! I'm Karmen Kidtastic. Today, we're talking about ticks. Germs from tick bites can make you sick. The most common type of illness spread by ticks is called Lyme disease.

[Chris] Ticks like to live where there are places to climb, like tall grass and bushes. They stay away from places that are dry, like dirt trails. Ticks climb up on grass or branches and wait for an animal or person to brush up against them. Then, they grab on and find a safe place to attach themselves.

[Kids] Ewwwww!!!!

[Caydan] If you find a tick crawling on you or a friend, pick it off with a tissue. If you see a tick that has attached itself, quickly find an adult who can use tweezers to pull it off.

[Kaya] If you've been bitten by a tick or been in an area where there are a lot of ticks, such as wooded or bushy areas, tell your parents if you start to feel sick and achy or have a headache or neckache. Tell them if you see a large red rash or if your knee is really swollen. These are all clues that a tick may have given you a germ.

[Karmen] To help prevent diseases spread by ticks, here are some things you can do.

[Caydan] Walk in the center of the trail when you're hiking.

[Kaya] Ask your parents to apply insect repellent to your skin. You can also get clothing that kills ticks if you're going to be spending a lot of time hiking and camping.

[Karmen] Take a bath or shower as soon as possible after you come indoors. Try and do this within two hours. Wash your hair, too; ticks like to hide in people's hair.

[Chris] Ask an adult to check you for ticks. Ticks like to hide under the arms, on the back of the neck, in and around the ears, inside the belly button, behind the knees, between the legs, around the waist, and especially in hair.

[Caydan] Check your backpacks, sleeping bags, and pets. Ticks can ride home on clothing and pets and then attach to a person later. Ask your parents if you can put the clothes in the dryer on high heat to kill remaining ticks.

[Kaya] For more information, including how to remove a tick, visit [www.cdc.gov/ticks](http://www.cdc.gov/ticks).

[Karmen] Thanks for listening to CDC Kidtastics Radio. We'll talk to you again soon. Until then... be a safer, healthier kid!!

*[Announcer] For more health information, go to [www.cdc.gov](http://www.cdc.gov) or call 1-800-CDC-INFO.*