

# PROTECT YOURSELF

from Tick-Borne Diseases



*Activity Book from DPH's Division of Vector-Borne Diseases*  
**DPH.SC.GOV/TICKS**

# COMMON TICK-BORNE DISEASES

## THE MOST COMMON DISEASES IN SOUTH CAROLINA ARE:

Lyme Disease

Southern Tick-Associated Rash Illness

Rocky Mountain Spotted Fever

Ehrlichiosis

Alpha-gal syndrome  
(Red-Meat Allergy)

## Symptoms include:



*Headache*



*Fever*



*Chills*



*Bullseye Rash*



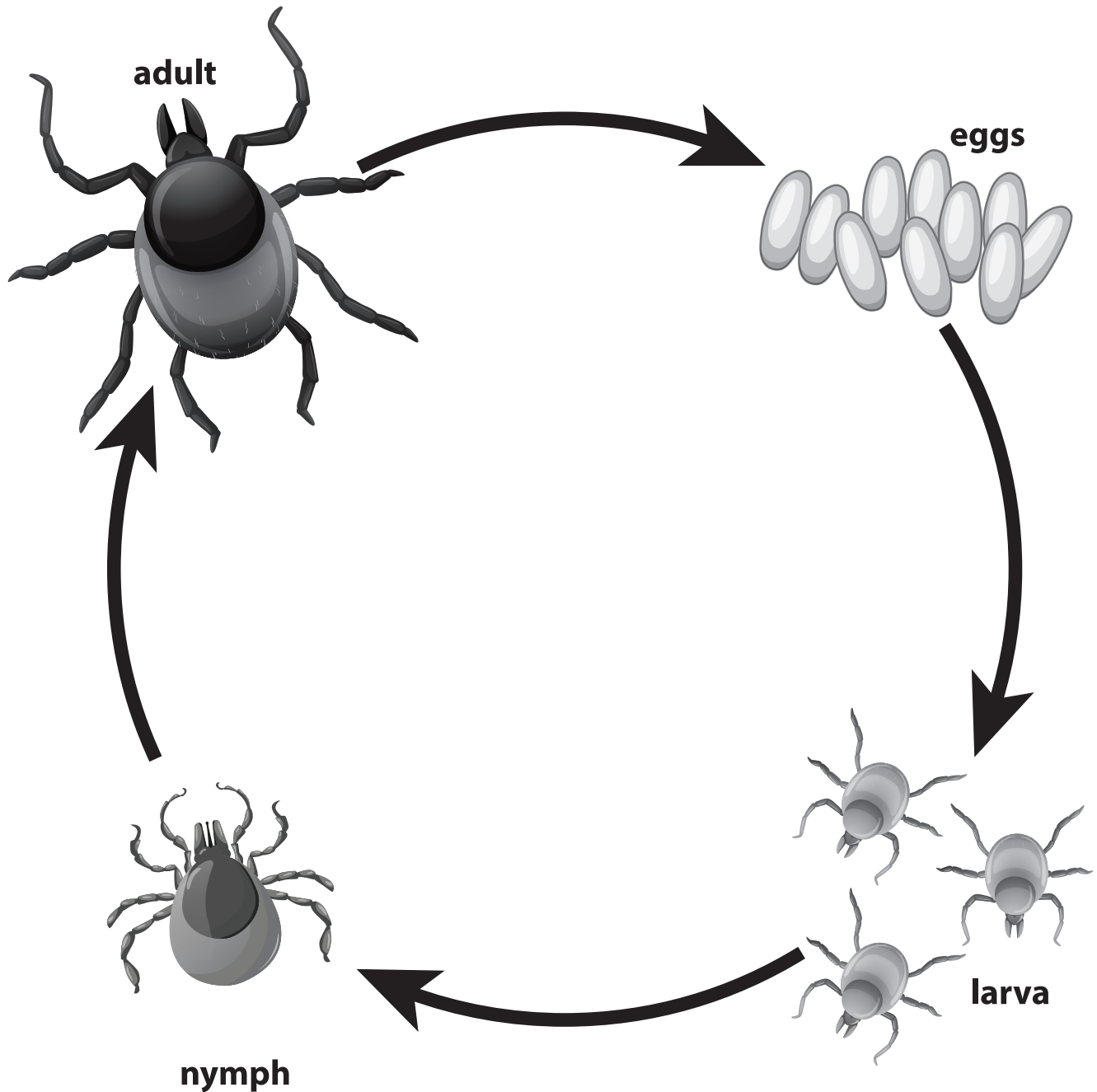
*Rash*



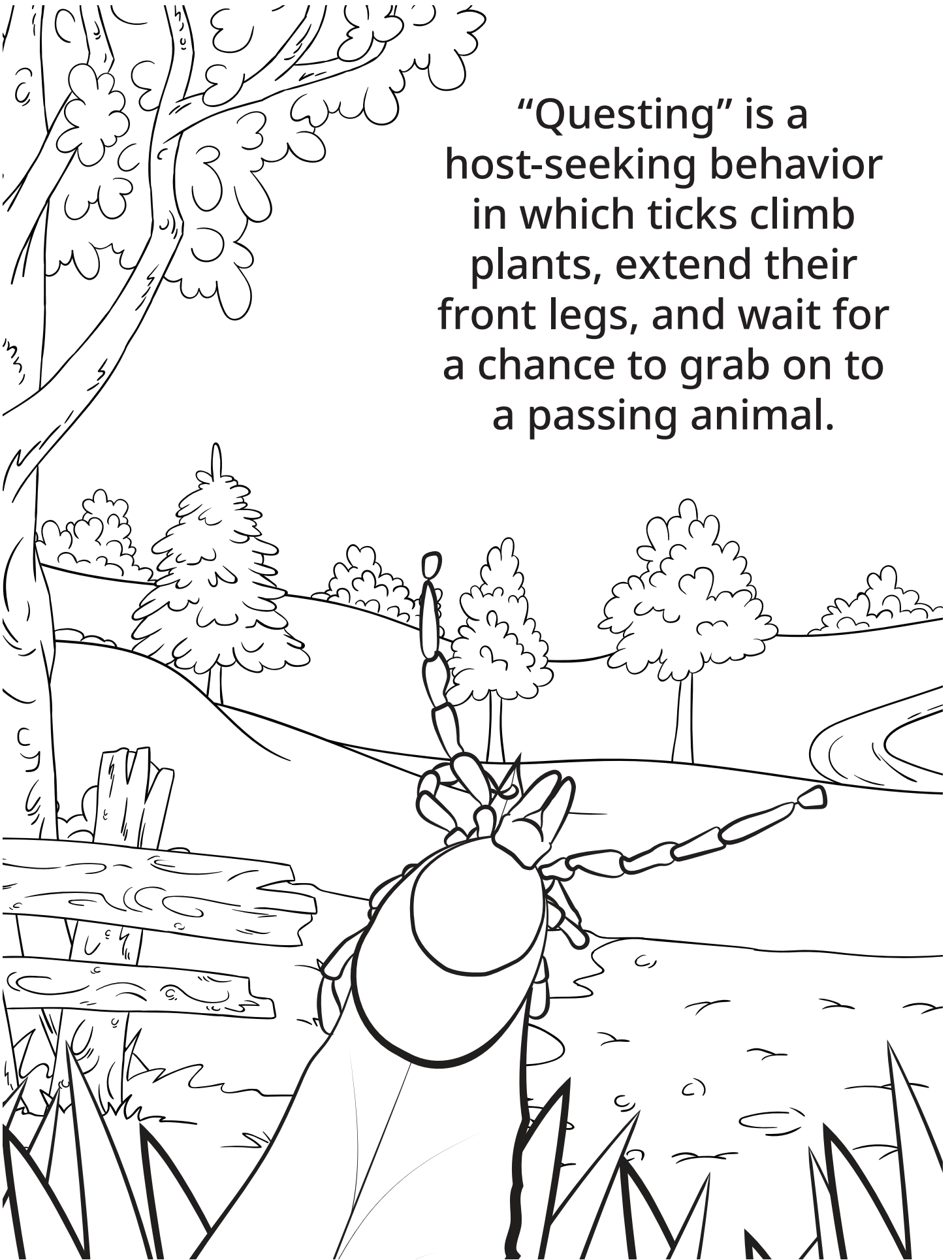
*Muscle Pain*

# TICK LIFE CYCLE

Ticks go through four life stages:  
Egg, six-legged larva, eight-legged nymph,  
and adult.



**“Questing” is a  
host-seeking behavior  
in which ticks climb  
plants, extend their  
front legs, and wait for  
a chance to grab on to  
a passing animal.**



# TICKS CAN BE DIFFERENT SIZES!



**Blacklegged Tick** (*Ixodes scapularis*)



**Lone Star Tick** (*Amblyomma americanum*)



**Dog Tick** (*Dermacentor variabilis*)



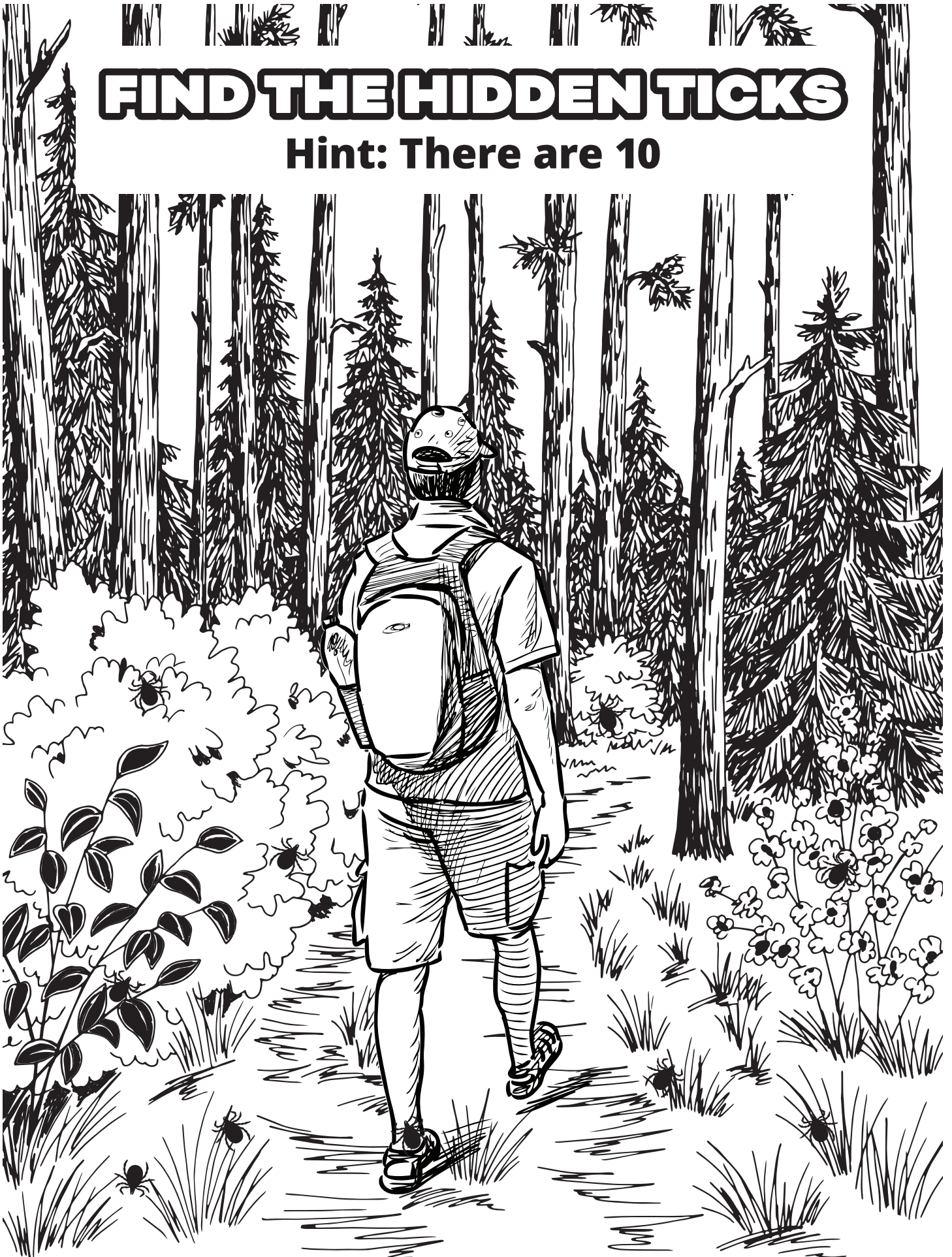
Adult Female

Adult Male

Nymph Larva

# FIND THE HIDDEN TICKS

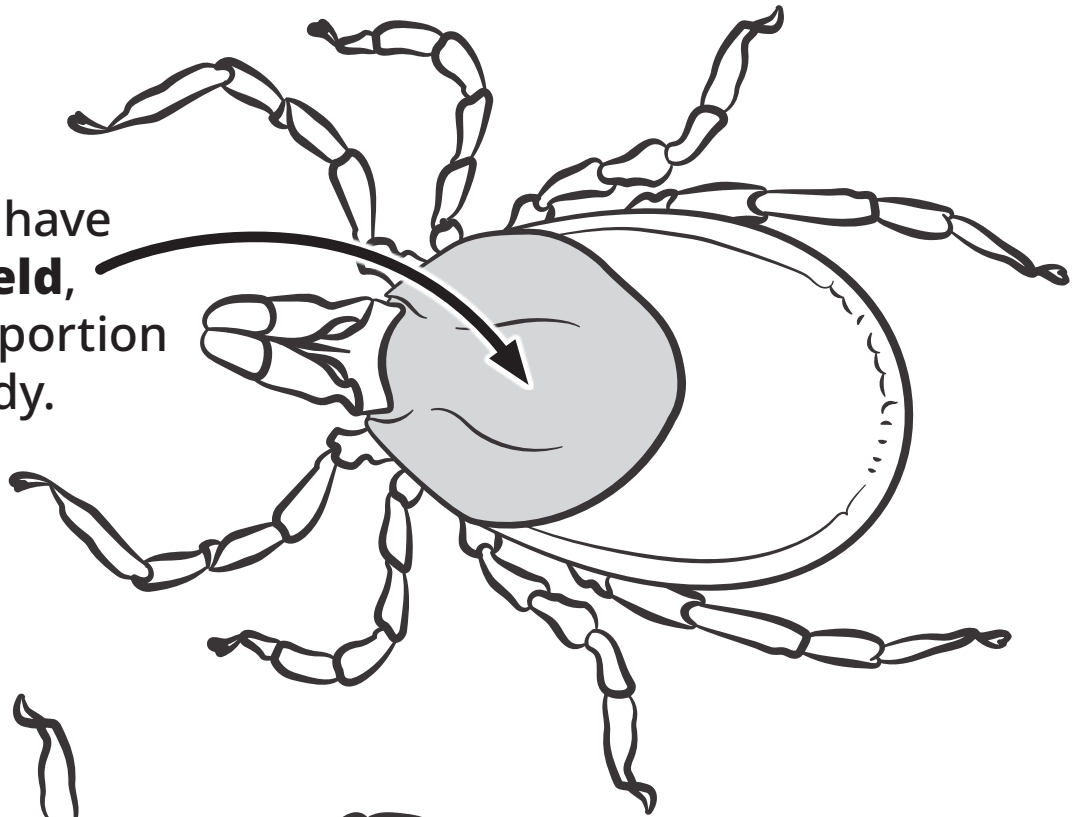
Hint: There are 10



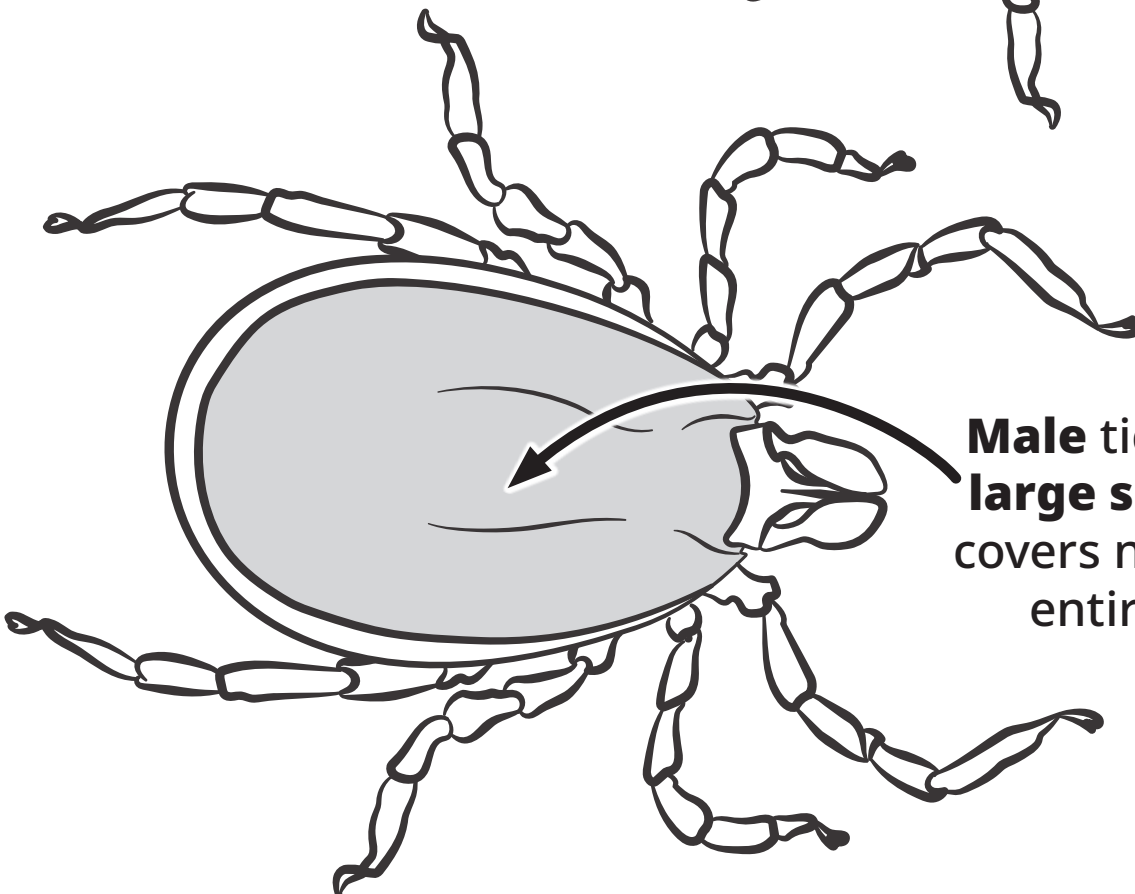


# MALE OR FEMALE?

**Female** ticks have a **small shield**, covering only a portion of their body.



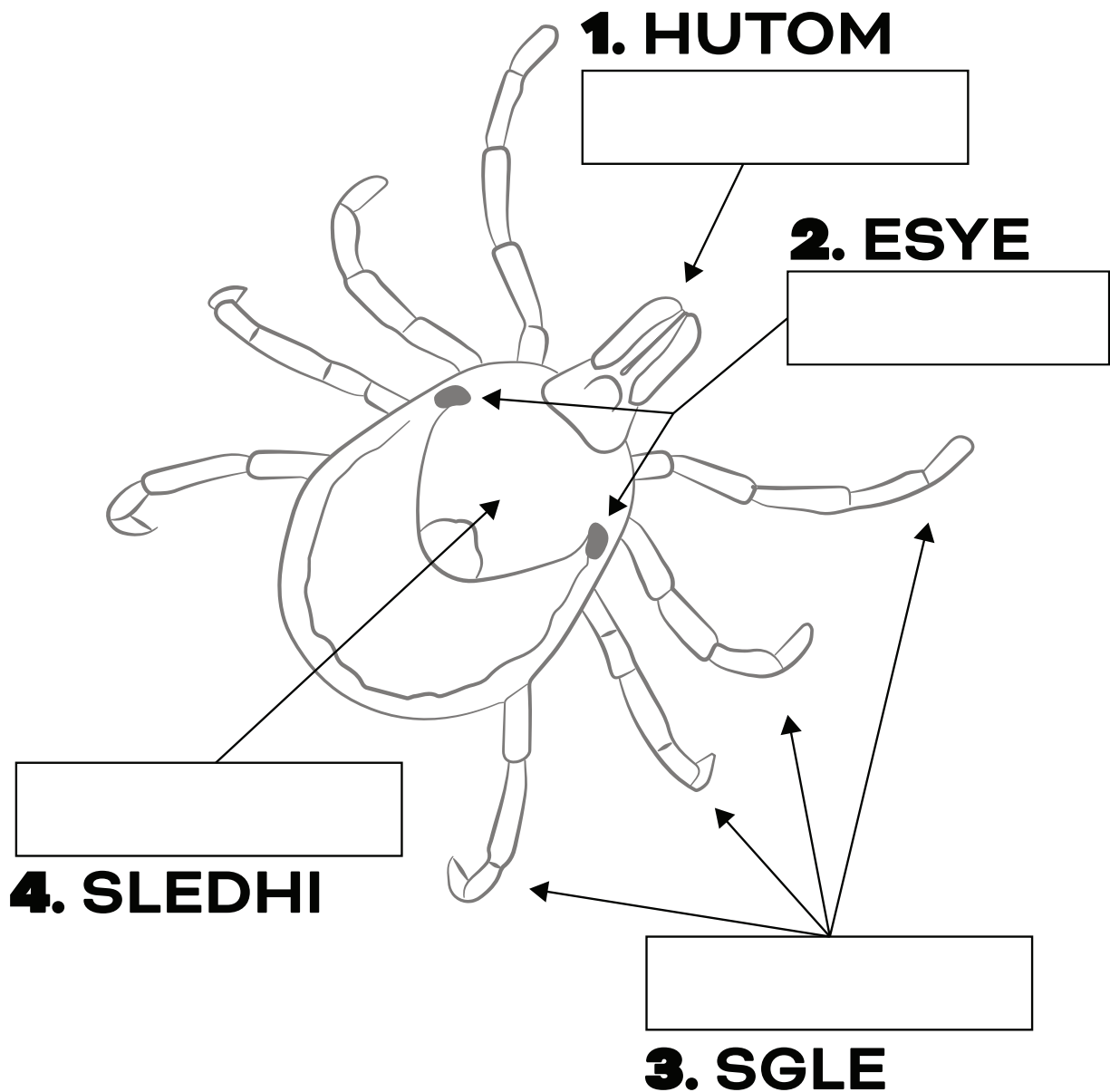
**Male** ticks have a **large shield** that covers nearly their entire body.



# TICK BODY PARTS

Ticks are related to spiders, which means adults have 8 legs instead of 6 and a body made up of 2 parts (cephalothorax and abdomen).

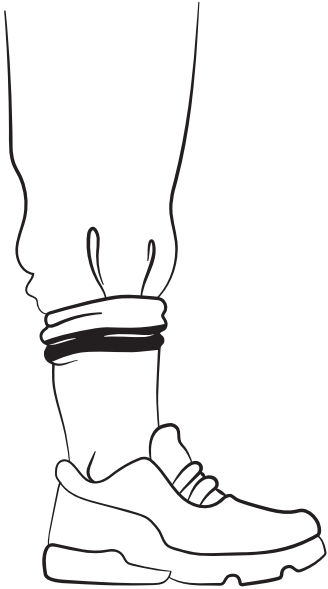
**Can you unscramble the tick body parts?**



Answers: 1. MOUTH 2. EYES 3. LEGS 4. SHIELD



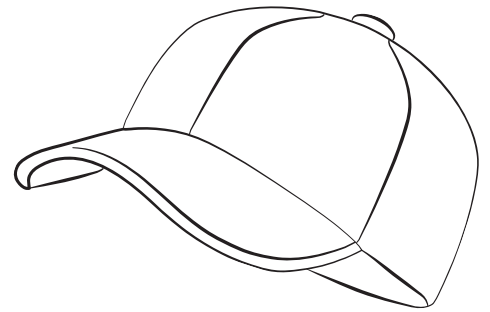
# **PROTECT YOURSELF FROM TICKS:**



**Wear long pants  
tucked into socks**



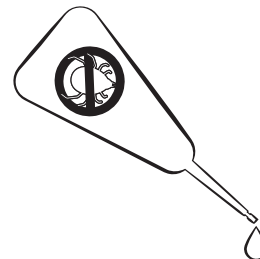
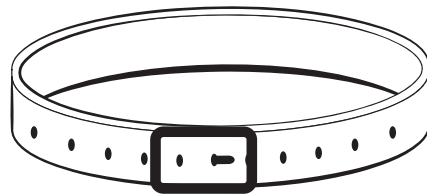
**Wear long sleeves  
that are light- or plain-  
colored**



**Pull back long hair  
and/or wear a hat**



**Wear repellent**



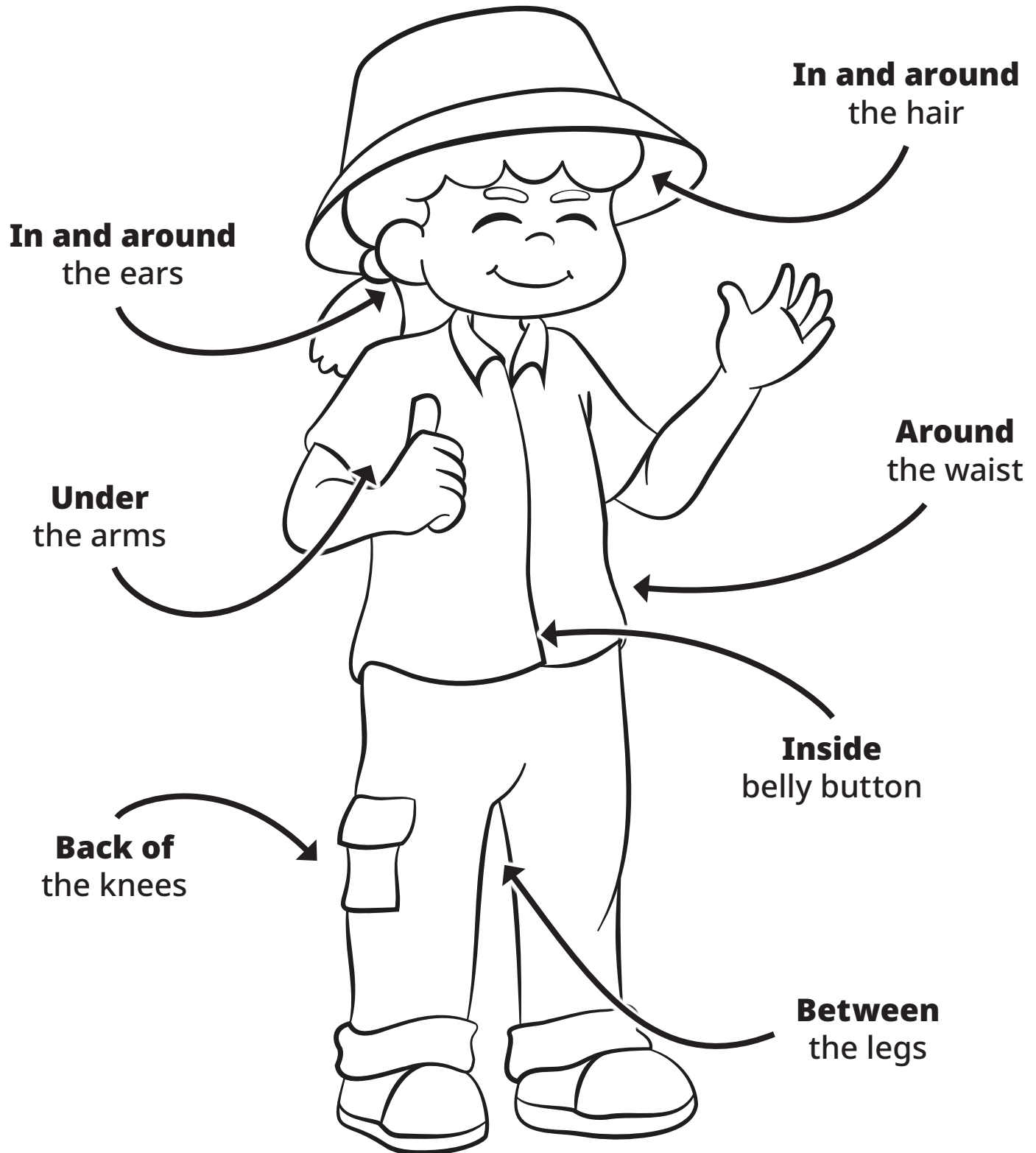
**Treat pets  
with tick prevention**



**Camping or hiking can put you directly in tick habitat.**

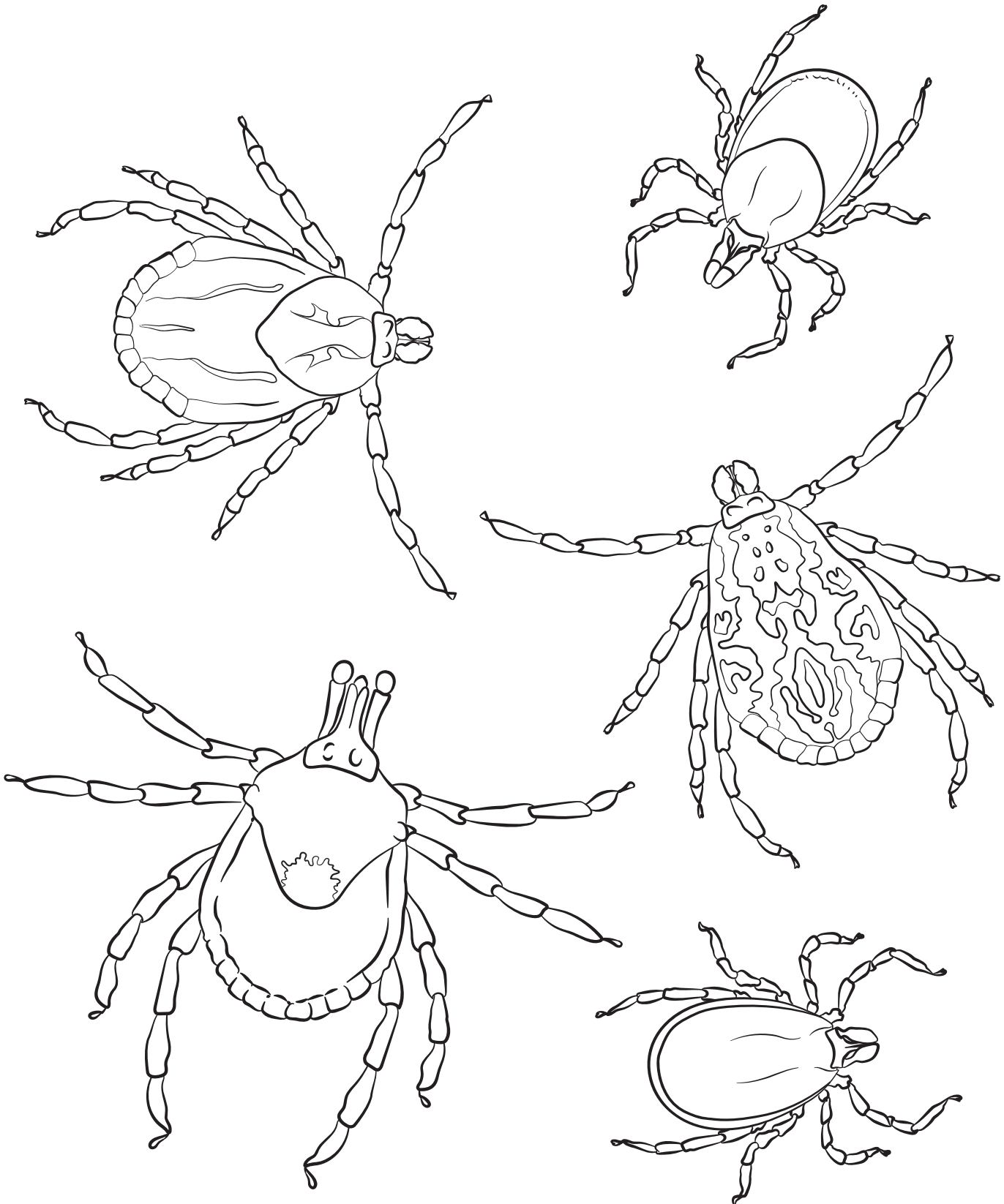
- Avoid wooded and brushy areas with tall vegetation.
- Stay in the center of walking/hiking trails.
- Do tick checks often to protect yourself while on adventures!

# WHERE TO CHECK FOR TICKS



# COLOR YOUR TICK!

Different ticks have different markings.



# SPOT THE DIFFERENCES

Hint: There are 10!



In South Carolina, ticks are active year-round!  
Protect yourself all year, even during fall and  
winter months.

# WHICH IS WHICH?

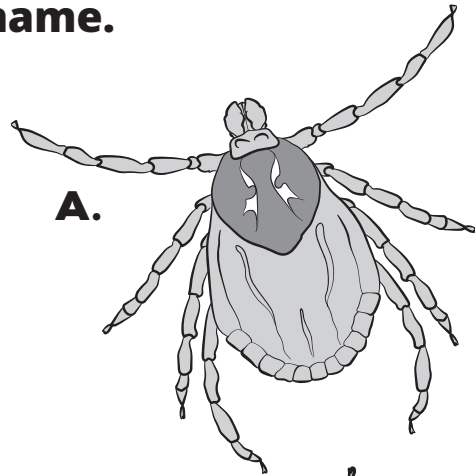
All of these ticks are common  
in South Carolina!

Read the descriptions below and draw a line matching each  
tick with its name.

1. **Deer tick or Black-legged tick**

*Ixodes scapularis*

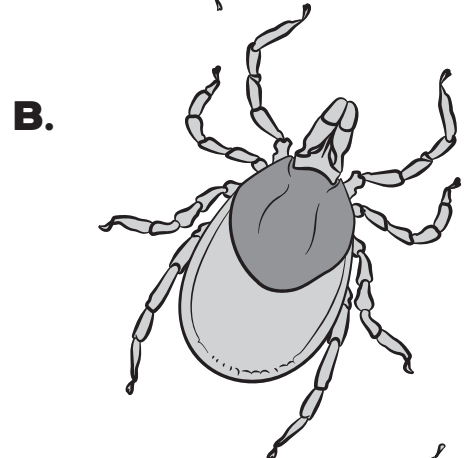
- **Tear drop**-shaped body
- **No whitish** markings on the shield
- **Long** mouth parts



2. **Lone star tick**

*Amblyomma americanum*

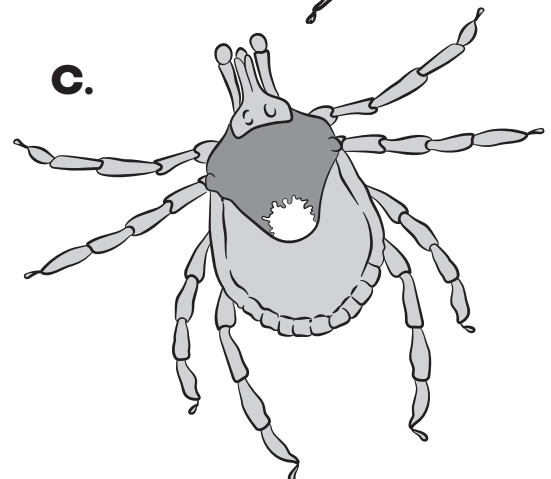
- **Round** shape
- Females have a **white spot** in the center of their shield
- **Long** mouth parts



3. **American dog tick**

*Dermacentor variabilis*

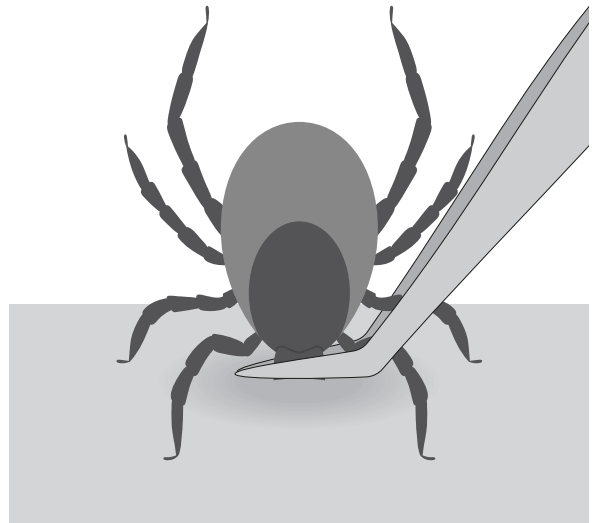
- **Tear drop**-shaped body
- **Whitish** markings on shield
- **Short** mouth parts



**All three ticks feed on humans and live in areas with long  
grasses and wooded areas with shrubs.**



Remove an attached tick  
by using tweezers to grab it as close  
to the skin as possible.



# TICK WORD SEARCH



**Find the following words in the puzzle!**

Words are hidden **vertically**, **horizontally**, and **diagonally**.

ABDOMEN

LONG SLEEVES

RASH

QUESTING

ADULT

LYME DISEASE

REPELLENT

HOST

ALPHA GAL SYNDROME

NYMPH

SCUTUM

DOG TICK

BITE

PANTS

TICK

DEER TICK

BLOODMEAL

CAMPING

SHIELD

LONE STAR TICK

EGG

OUTDOORS

TWEEZERS

FEVER

PATHOGEN

VECTOR

ILLNESS

PERMETHRIN

WOODS

# CONNECT THE DOTS

Find out who wants to take a bite.

