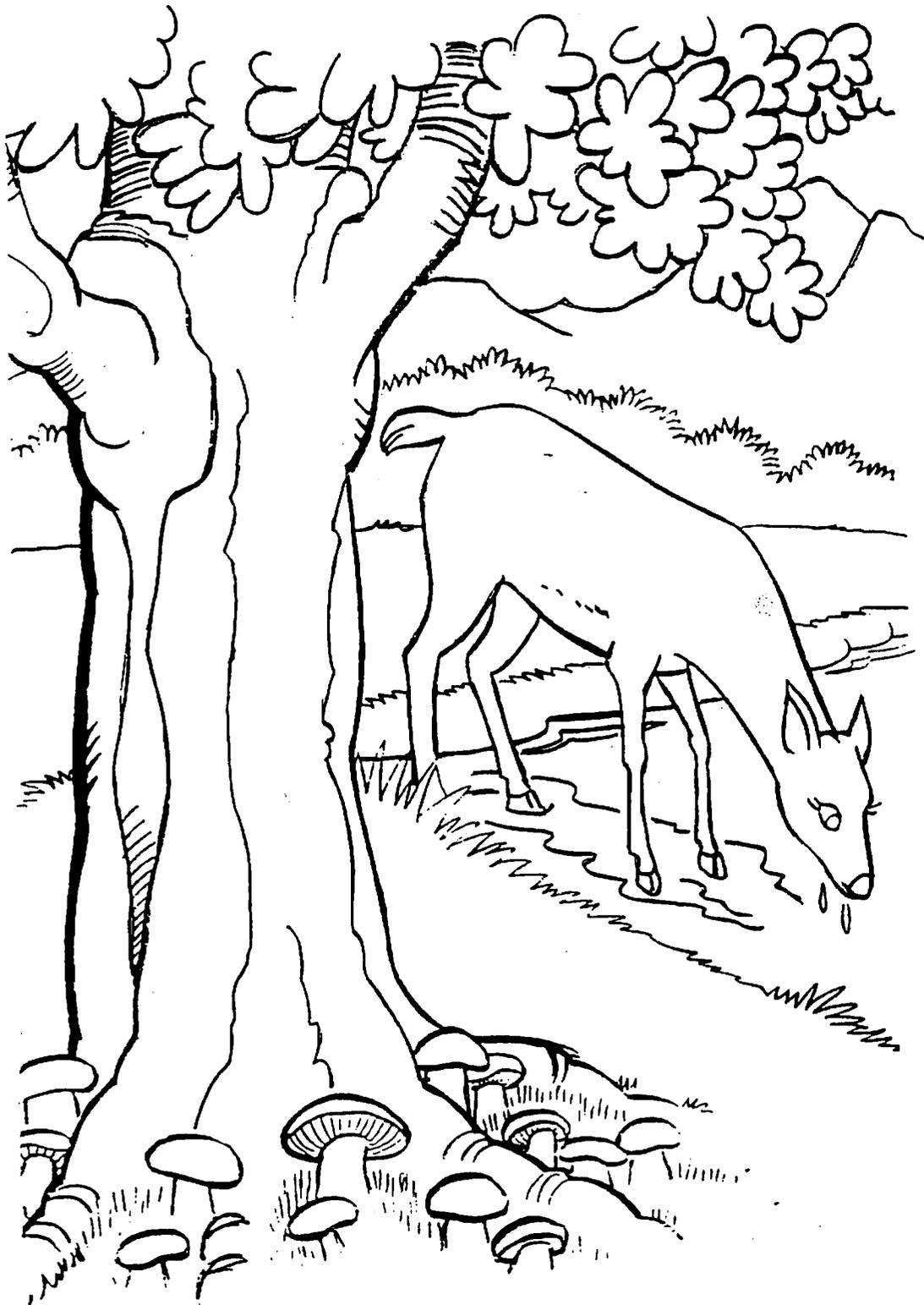


LYME DISEASE

C T I V I T Y B O O K



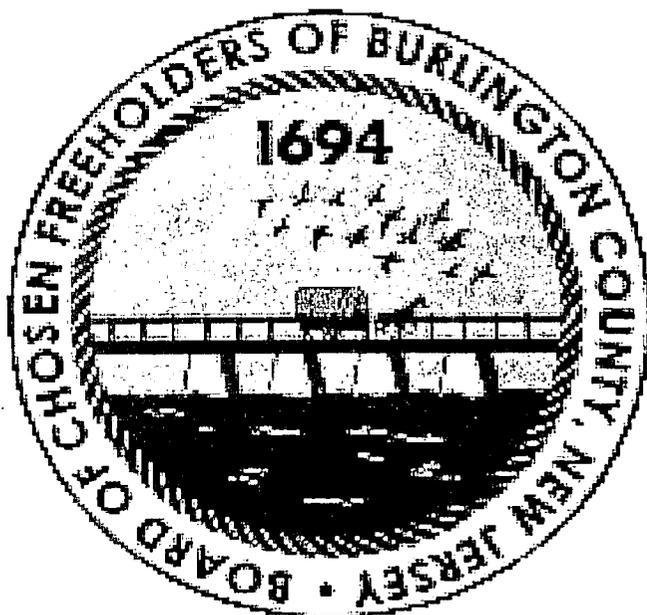
THIS IS A PUBLICATION OF THE

BURLINGTON COUNTY HEALTH DEPARTMENT

RAPHAEL MEADOWN HEALTH CENTER

WOODLANE ROAD

MOUNT HOLLY, NEW JERSEY 08060



Provided to the public by the BOARD OF CHOSEN FREEHOLDERS
2006/BCHD/Communicable Disease Office



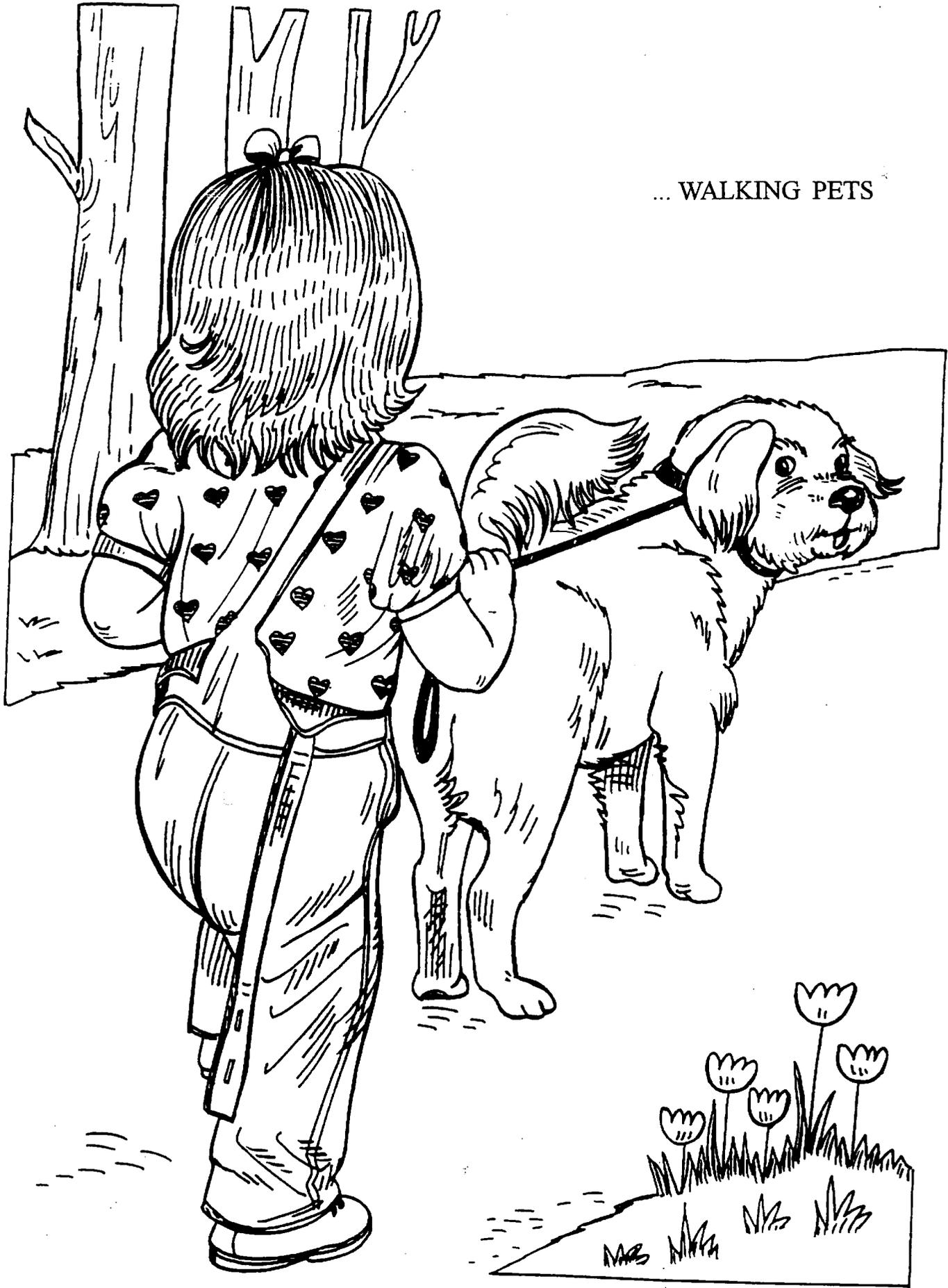
Activities that put you at risk for coming in contact with ticks and lyme disease are ...

... CAMPING



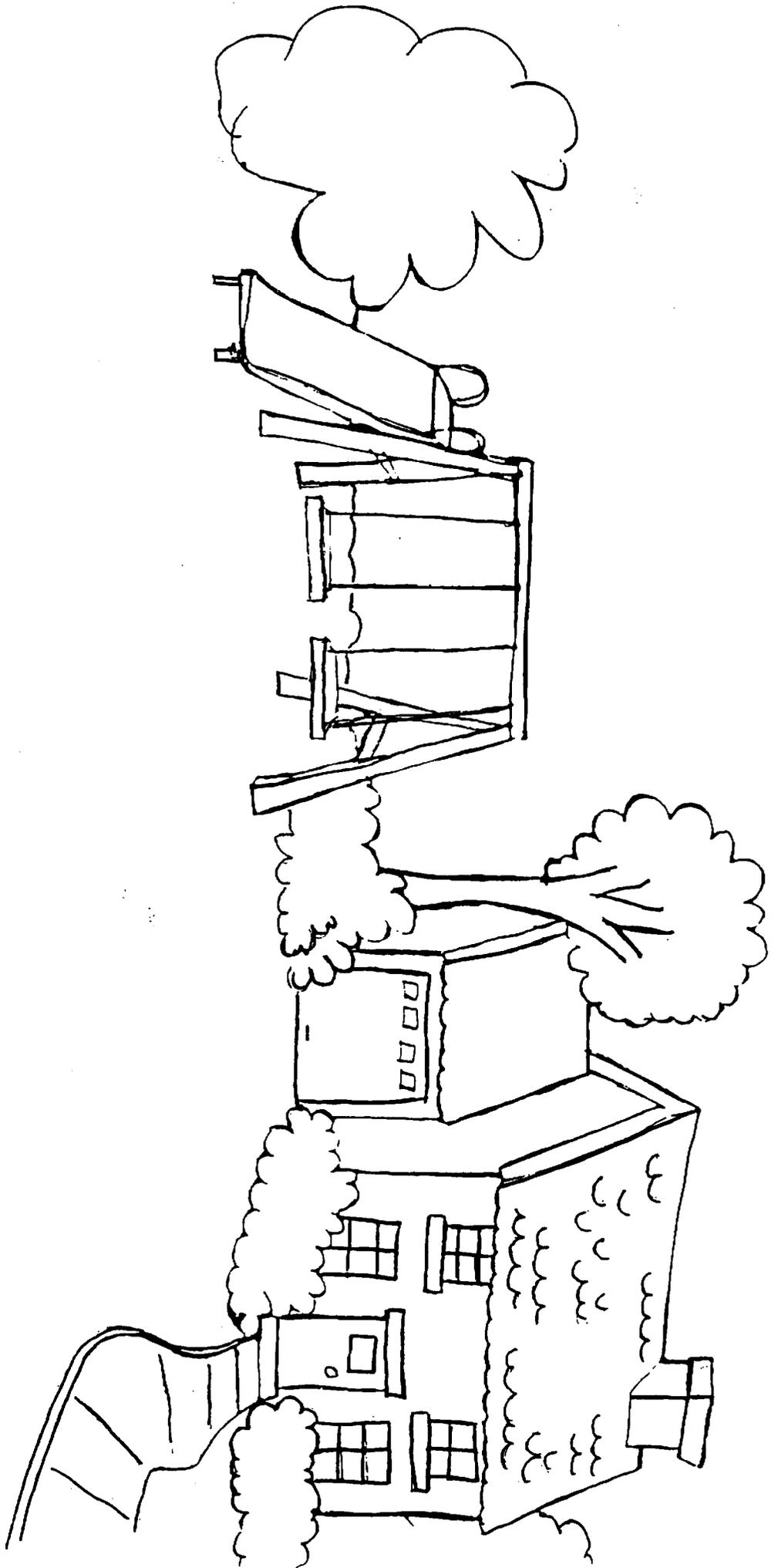
...HIKING

... WALKING PETS





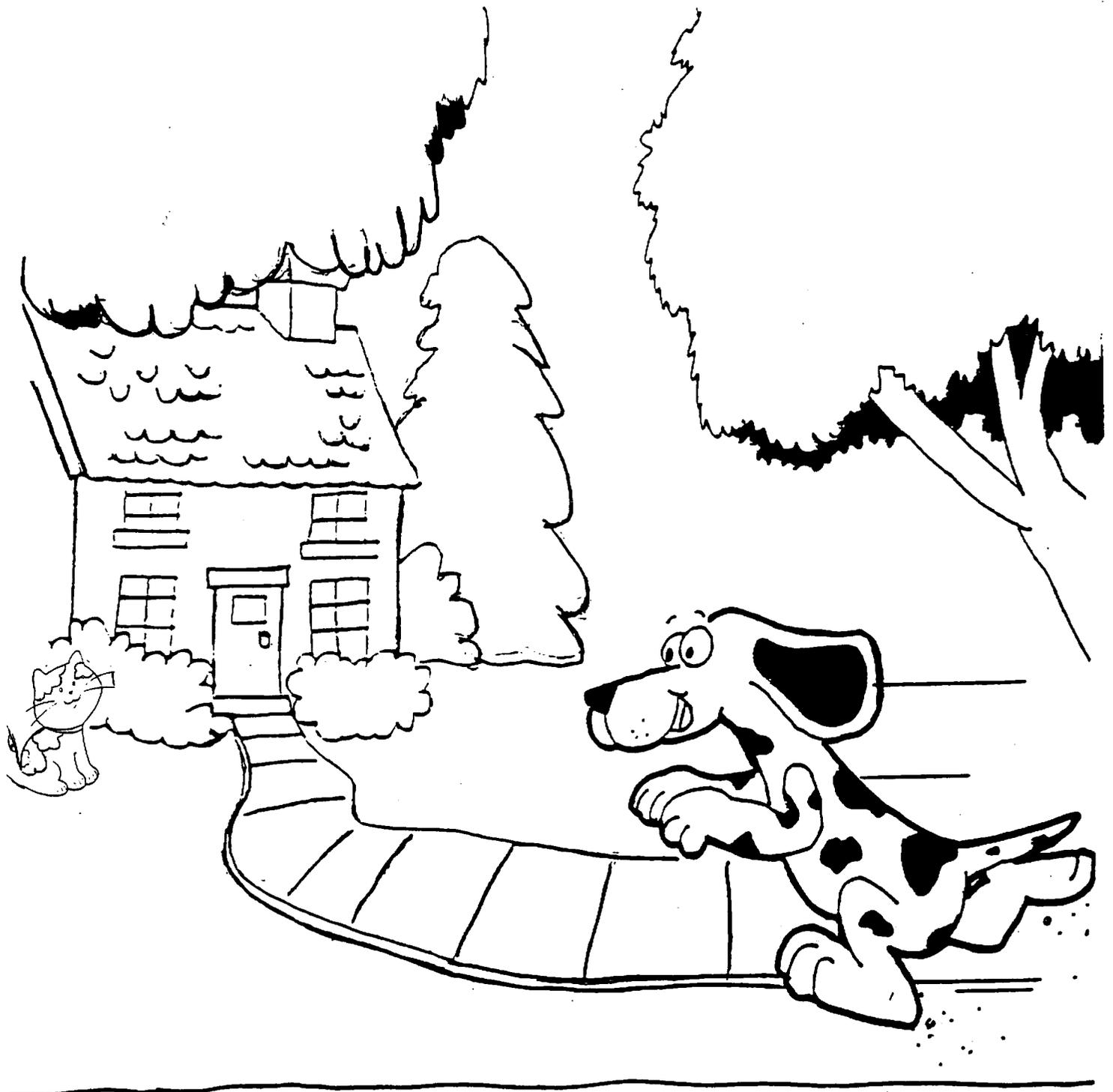
... GARDENING



You can find ticks carrying Lyme disease in your own backyard.



Connect the Dots to see who can bring ticks into your house.



Don't forget, your pets can
bring ticks into your house.

JANUARY	FEBRUARY	MARCH	APRIL
MAY	JUNE	JULY	AUG
SEPT.	OCTOBER	NOVEMBER	DECEMBER

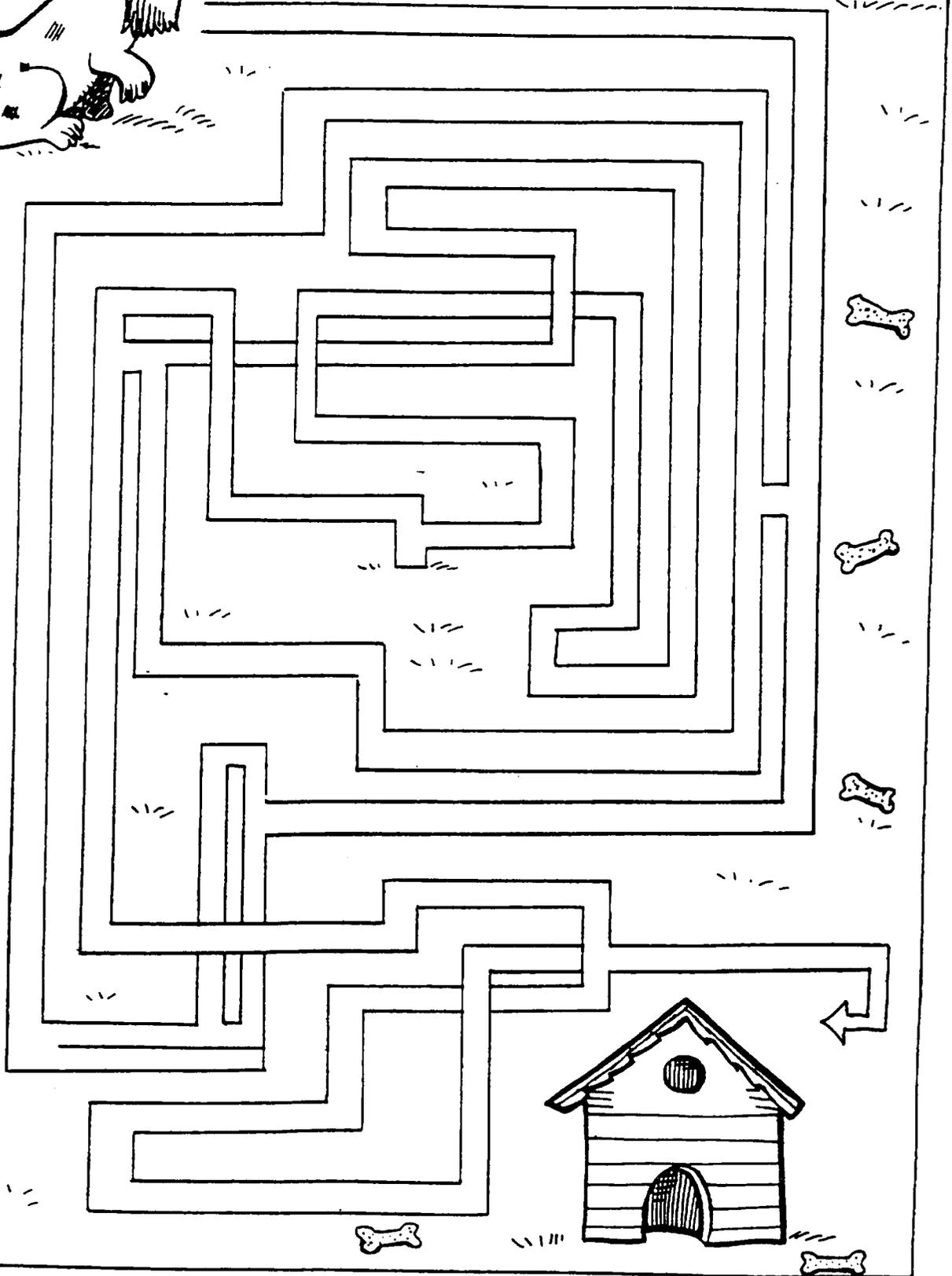
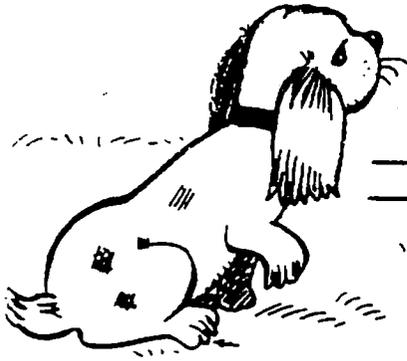
The LARGER the month the GREATER the chance of getting Lyme disease.



Even though spring and summer are the most common times of year people get lyme disease, you can get lyme disease any time of year.

In the Doghouse

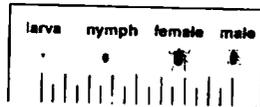
Can you show this puppy
the way to his house ?



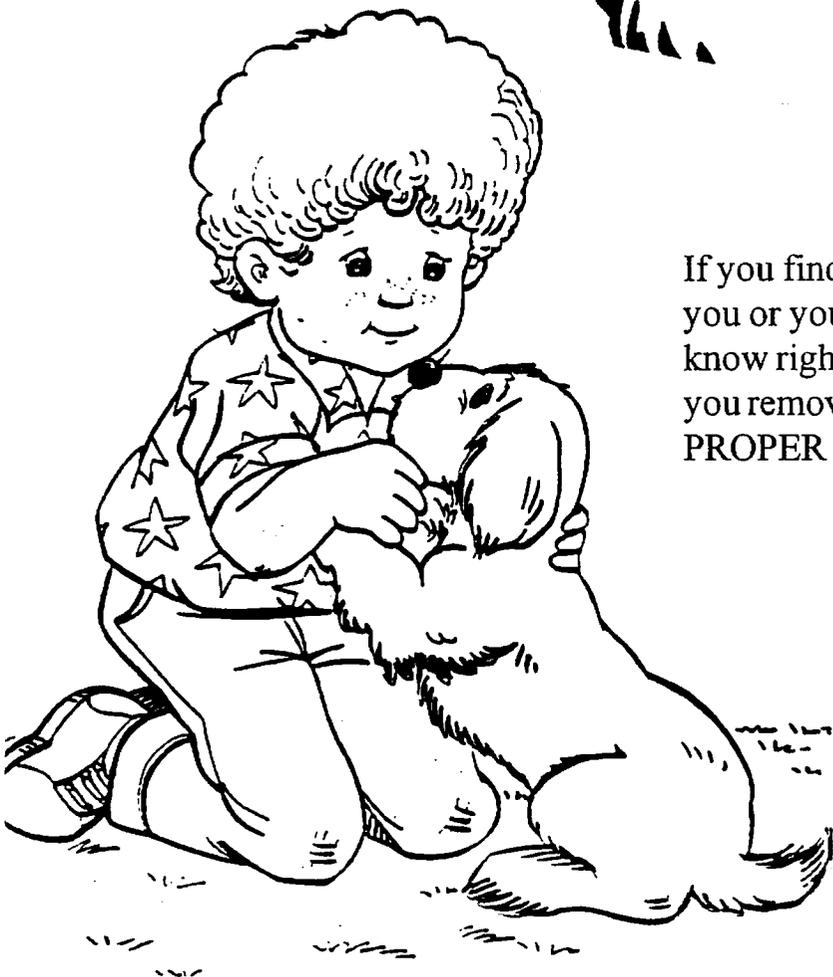
Important Notice

CAN YOU IMAGINE!!!!

This is the ACTUAL Size of the Deer Tick



(about the size of a poppy seed or
sesame seed)



If you find a tick attached to
you or your pets let your parents
know right away so they can help
you remove it.

PROPER TICK REMOVAL IS IMPORTANT !!

HEY KIDS !!

This page is for your parents ... SHOW THEM !!!

PARENTS

Grasp the tick as close to the skin as possible.

Pull upward with steady even pressure until the tick comes out.

DO NOT TWIST OR JERK

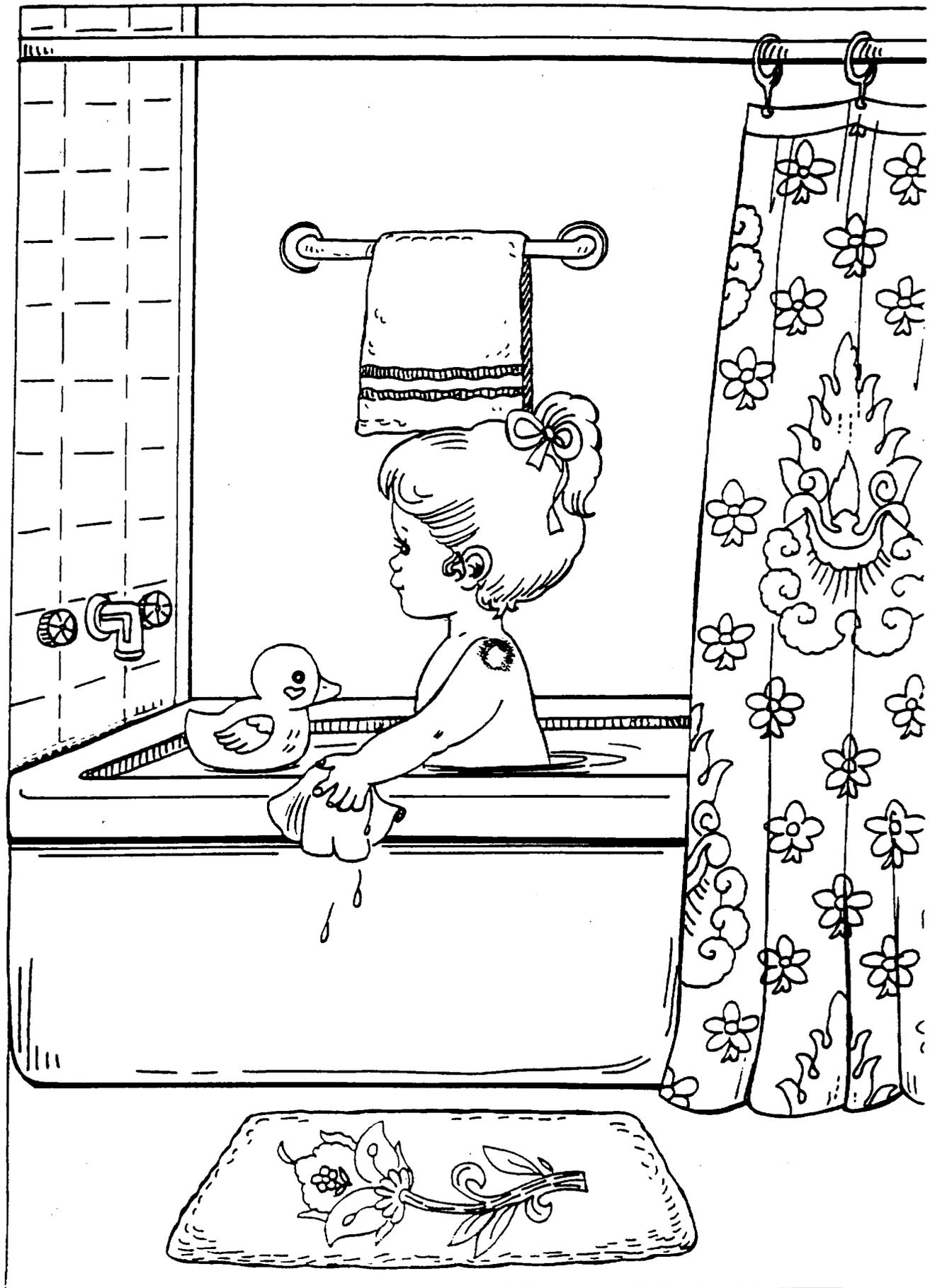
Take care not to squeeze, crush, or puncture the tick body.

Do not handle the tick

Flush the tick down the toilet after removal. BE sure all of the tick was removed. If any parts are left remove like you would a splinter.

Wash your hands and then wash the infected areas with a skin disinfectant.

DO NOT : Smear Vaseline, Nail Polish, Kerosene or other materials on tick to remove it. Also flames or matches are not recommended either.



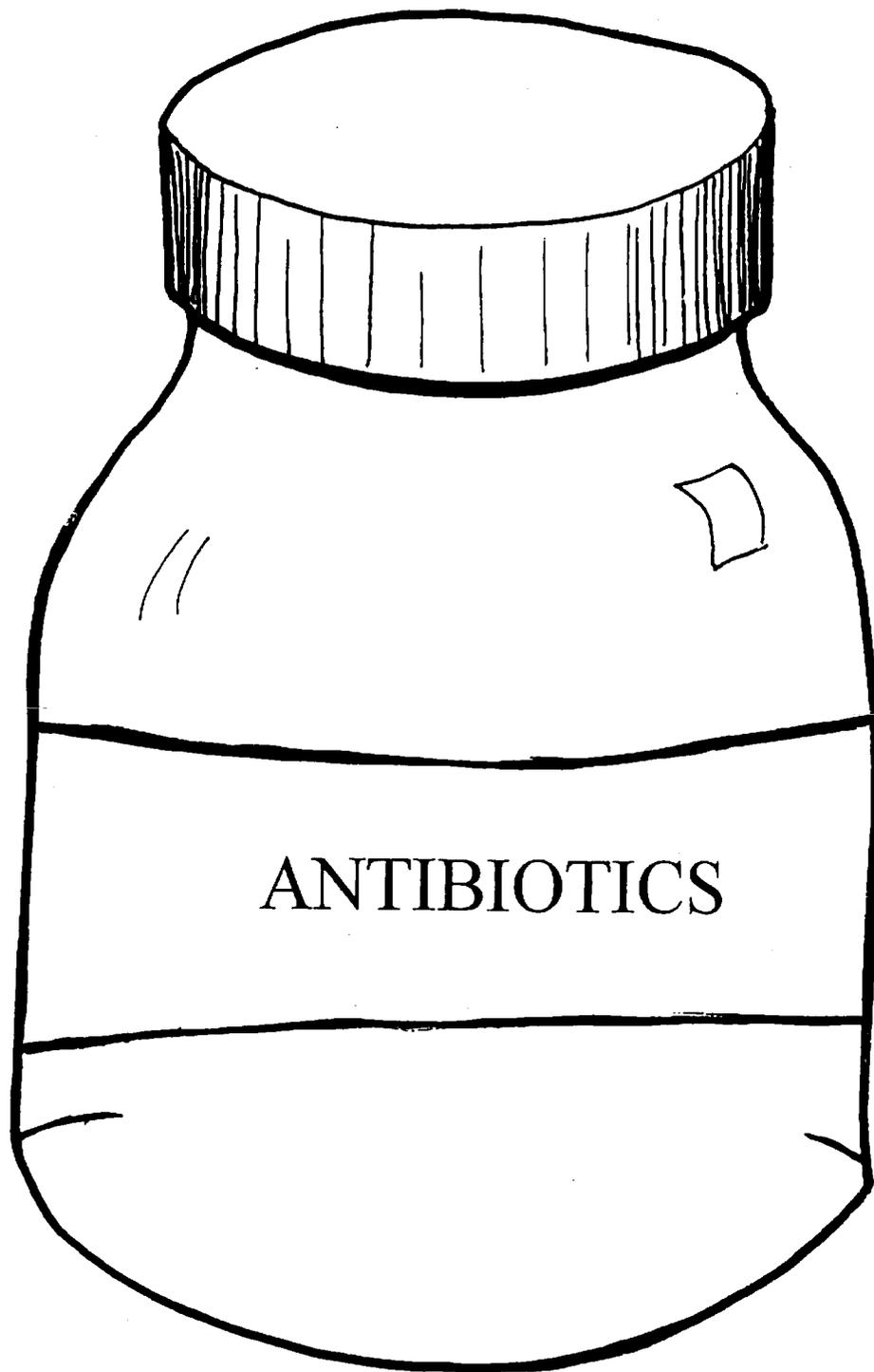
After a tick bite you may sometimes get a rash



See your Doctor if you have symptoms
such as a spreading red rash,
flu-like illness, or
painful joints.



Your Doctor may take some blood,
to do some tests to help diagnose
lyme disease.



If the doctor thinks you have lyme disease he may prescribe antibiotics

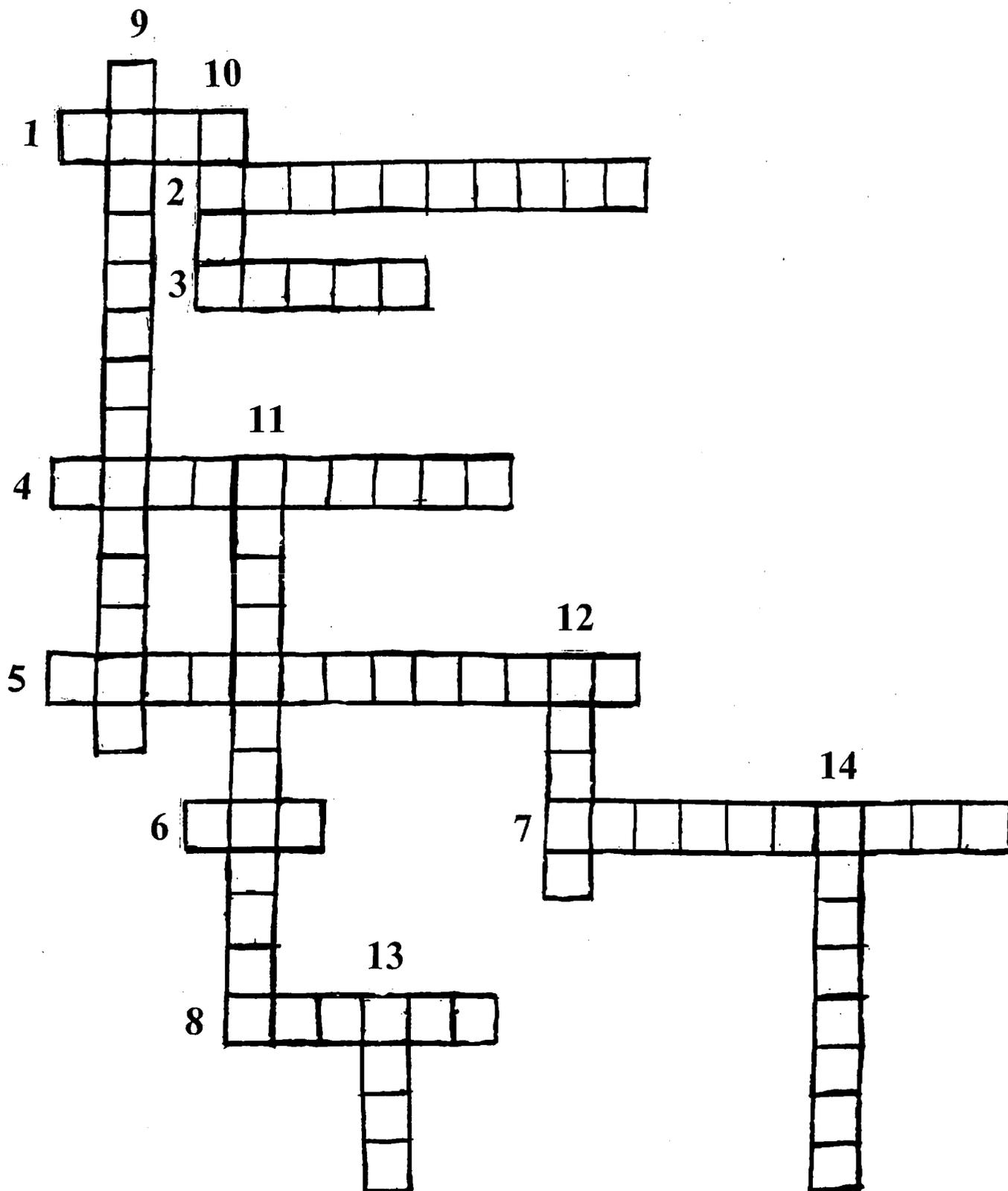
CROSSWORD

ACROSS

1. One animal that hosts the disease carrying insect.
2. Treatment for Lyme Disease:
3. One area of the body that could be affected by later symptoms is your _____.
4. A way to keep ticks off your clothing is to spray _____.
5. A symptom of advance Lyme Disease is _____, _____ (2 words).
6. Another early symptom could resemble the _____.
7. Avoid tick bites and Lyme infection:
8. If you had a bite, rash or other symptoms see your _____.

DOWN

9. What to do whenever coming in from outside _____, _____ (2 words).
10. Early symptoms of Lyme Disease infection:
11. One way to see ticks is to wear _____, _____ Clothing (2 words).
12. A young tick is called a _____.
13. Type of insect that transmits the bacteria that causes Lyme Disease.
14. The way to remove a tick that is attached is to use _____.



LYME DISEASE TRUE/FALSE QUIZ

- 1. Any tick can carry the Lyme Disease bacteria.**
- 2. Spring is the only time of the year you can get Lyme Disease.**
- 3. The best way to remove a tick that is attached to your skin is to smother it in Vaseline.**
- 4. Once you have had Lyme Disease you can not get reinfected.**
- 5. Anyone, at any age can get Lyme Disease.**
- 6. The best way to treat Lyme Disease is with antibiotics from your doctor.**
- 7. People who live in a city don't get Lyme Disease.**
- 8. The park is one place you won't get Lyme Disease.**
- 9. You won't get Lyme Disease from your dog or cat.**
- 10. Treatment in the early stages of Lyme Disease is more effective than in the later stages of Lyme Disease.**

SEEK N FIND

T E M P E R A T U R E X A
W R A B C R C H I L L S N
E C E A G R A S S R B C T
E W L A C A T S X S E E I
Z D O C T O R M H P V D B
E P I O A M A D B R C G I
R R O Z D M E O E I S J O
S E K C Z S P N A N T O T
O V P H H I O I T G I I I
B E L E B I N O N A F N C
U N A A L O K E I G F T G
L T Y R O L X I S O N P T
L I G T O S A L N S E A I
S O R N D O S N A G S I C
E N O U T L U Y T O S N K
Y E U N E O M M I C E O B
E S N T S Y M P T O M S I
A B D C T L E H R D O G T
B A C K Y A R D P E T S E

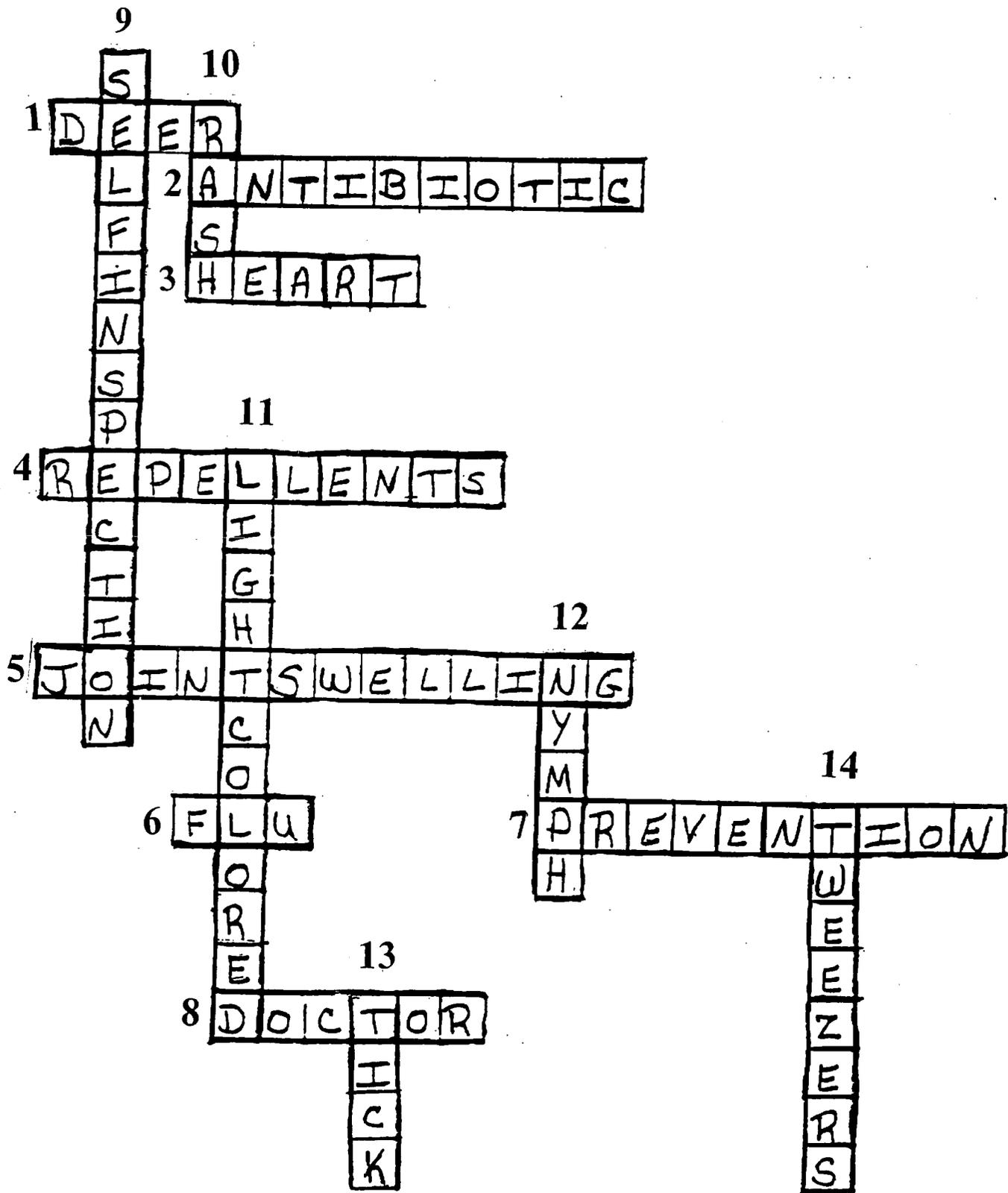
ANTIBIOTIC
BACKYARD
BLOODTEST
BULLSEYE
CAMPING
CATS
CHILLS
DIZZINESS

DOCTOR
DOG
GARDENING
GRASS
HEART
HIKING
JOINTPAIN
MICE

NERVE
NYMPH
PETS
PLAYGROUND
PREVENTION
RASH
REPELLANT
SPRING

STIFFNESS
SUMMER
SYMPTOMS
TEMPERATURE
TICKBITE
TIRED
TREATMENT
TWEEZERS

WOODS



**ANSWER TO LYME DISEASE
TRUE/FALSE QUIZ**

- 1. TRUE** In New Jersey the deer tick is the only tick that transmits the Lyme bacteria even though other types of ticks may carry the bacteria, they haven't been proven to transmit it.
- 2. FALSE** You can be infected with Lyme Disease any time of the year, however, Spring and Summer months are when most people are infected.
- 3. FALSE** The recommended method of removal is to grasp the tick as close to the skin as possible and pull straight out firmly.
- 4. FALSE** Anyone can get re-infected with Lyme Disease from another tick bite.
- 5. TRUE** Age and size do not affect a person's chance of contracting Lyme Disease.
- 6. TRUE** See your doctor if you've been bitten by a tick or have any of the symptoms of Lyme Disease.
- 7. FALSE** Although deer ticks are more abundant in wooded areas, they can live almost anywhere.
- 8. FALSE** Any place with grass and trees can be a home for deer ticks.
- 9. TRUE** Dogs and cats can get Lyme Disease but they could carry the ticks into the house to you.
- 10. TRUE** The earlier treatment begins the better the chance of 100% recovery.