



State of New Hampshire  
Department of Health and Human Services

# Tick Activity Book



NH DIVISION OF  
**Public Health Services**  
Improving health, preventing disease, reducing costs for all  
Department of Health and Human Services

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***New Hampshire has several types of ticks, but two types that sometimes bite people are the American dog tick and Blacklegged ticks, which are also called deer ticks.***

Some blacklegged ticks have germs that can make people and pets sick with diseases like Lyme disease.

People and pets get these germs when they are bitten by an infected tick. Ticks live in places like woods, yards and parks, where they might be found in shrubs, tall grass and leaves. Blacklegged ticks are very small and might look like a freckle or a speck of dirt on a person's skin.

It is important to check for ticks after being outside, even if you were just in your own yard. If you do find a tick after you come in from outside, ask a grown-up to remove it for you as soon as possible.



**Complete this activity book to learn more about how to stay safe from ticks.**



**Do you know what a tick looks like?**

**Identify the tick out of all the pests below  
and circle it.**



A



B



C



D



E



F



G



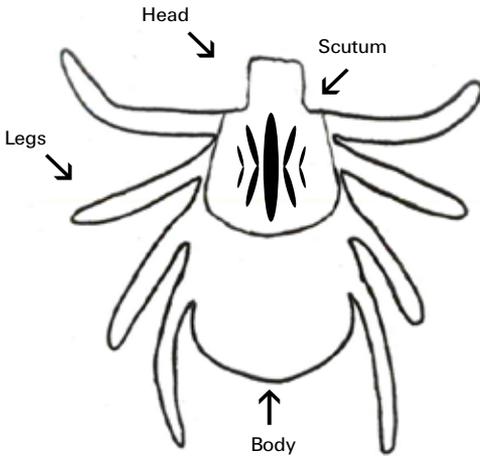
H

Answer: G

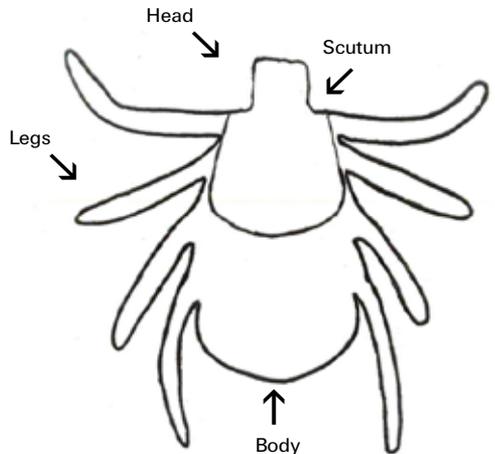
American dog ticks and blacklegged ticks have different markings and colors on their bodies and scutums. The scutum is a hard, shiny part of the tick's back, like a shield. American dog ticks have brown bodies, brown legs and a brown and white patterned scutum. Blacklegged ticks have reddish bodies, black legs and a black scutum.

**Color the two ticks, the body parts are labeled.**

**American dog tick**



**Blacklegged tick**



A blacklegged tick lives for 2 years and has a 4 stage life lifecycle: **egg, larva, nymph** and **adult**.

Tick eggs hatch into larvae, which are very small – about the size of a pinhead! They feed on small animals like mice, chipmunks and birds. Tick larvae grow into nymphs, which bite larger animals, like foxes or maybe humans. Tick nymphs grow into adults. Adult blacklegged ticks might bite humans, but they prefer to feed on deer.

After they feed, female blacklegged ticks lay their eggs on the ground.

When a tick grows from a larva to a nymph it grows 2 legs!

A tick larva has 6 legs and a tick nymph has 8 legs.

**Can you correctly label the tick life stages?**

A



\_\_\_\_\_

B



\_\_\_\_\_

C



\_\_\_\_\_

D



\_\_\_\_\_

**How many pairs of legs does the tick larva have?**

\_\_\_\_\_

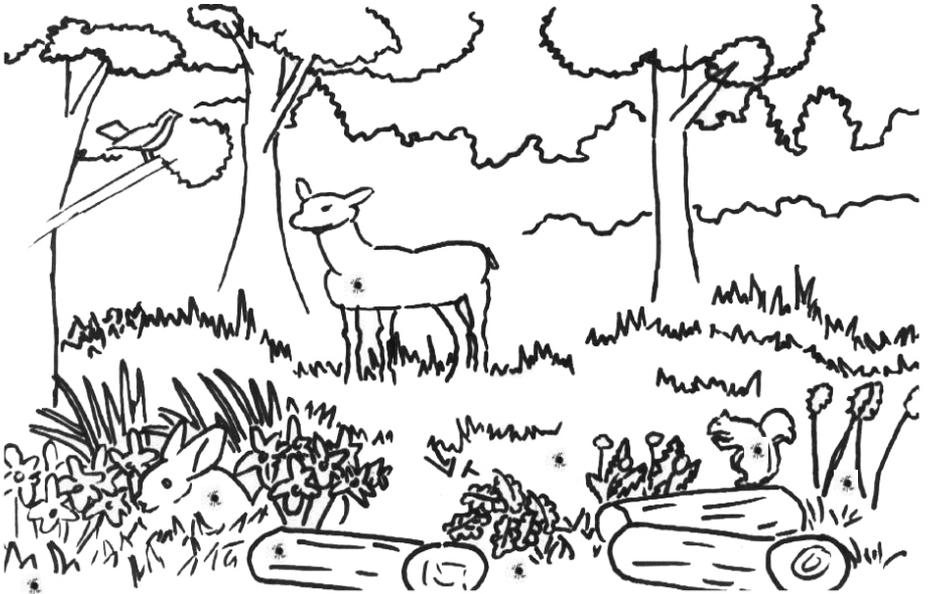
**How many pairs of legs does the tick nymph have?**

\_\_\_\_\_

Answer: A) egg, B) larva, C) nymph, D) adult  
The larva has 3 pairs of legs and the nymph has 4 pairs of legs

Ticks can't jump or fly, and a hungry tick looking for an animal to bite will hide in bushes or grass and wait for an animal to walk by. Some ticks will rest on grass or a shrub and hold out their first pair of legs, waiting to grab onto an animal or person walking by. This is called "questing." Ticks can sense nearby vibrations and body heat, and that tells them if an animal or person is close.

**How many ticks are hiding in this picture?**



Answer: 8

***The best way  
to prevent  
getting sick  
with a disease  
like Lyme  
disease is to  
avoid getting  
bitten by a  
tick.***

Insect repellent is a good way to keep ticks off you. There are different types of insect repellents, some can be used on your skin and others can be sprayed on your clothing. Your parent or guardian can help you apply insect repellent. Be careful to follow the instructions on the insect repellent label.

When you go outside in an area where there are ticks, wear long pants and a long sleeved shirt. You should also wear closed toe shoes, socks, and a hat. Tuck your pants into your socks and your shirt into your pants. Make sure you are staying on the trail when you are hiking or walking outside.

This will help keep the ticks from getting to your skin.



**What should you wear outside to help prevent tick bites?**

**Circle your answers.**

A



B



C



D



E



F



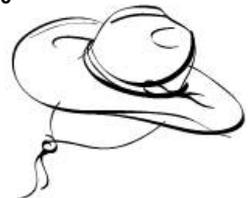
H



I



J



Answer: A, C, E, H, J

When you come in from outside, ask your parent or guardian to help you do a “Tick Check” to look for ticks that might have gotten past your clothes and onto your skin. Ticks like to hide, and might be found:

- under the arms
- in and around the ears
- back of the knees
- in and around the hair
- around the waist
- between the legs
- inside the belly button

If you do find a tick, it should be removed as soon as possible. Ask your parent or guardian to remove the tick with tweezers. Do not try to kill the tick before removing it. The longer a tick is biting, the greater the chance it will pass on the germs that cause diseases like Lyme disease.

**Can you circle all the places ticks  
like to hide on people?**



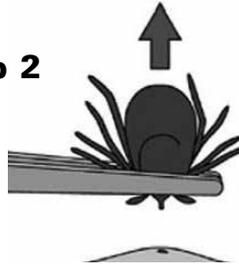
To remove a tick:

- 1) Grasp the tick as close to the skin as possible with tweezers.
- 2) Pull the tick straight out slowly and steadily.
- 3) Dispose of the tick.
- 4) Clean the area of the bite with soap and water or disinfectant.

**Step 1**

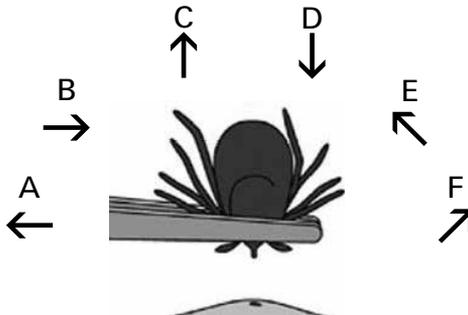


**Step 2**



Always remember: if you are feeling ill or if you see a rash after being bitten by a tick, let your parents know so they can take you to the doctor.

**Circle the arrow that shows the direction for how a tick should be removed.**



Answer: C

This family is going on a hike – what are some things they can do to prevent tick bites while they are outside?



**Circle all the activities you think will help prevent tick bites.**

A) Wear Sandals



B) Stay on the trail



C) Use insect repellent



D) Wear long pants



E) Wear shoes



F) Wear a T-shirt

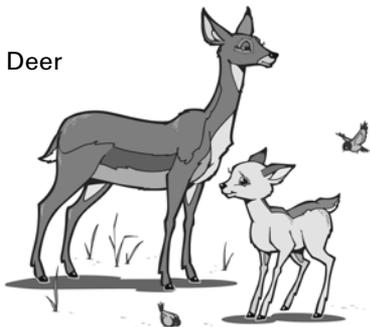


G) Lie in the tall grass

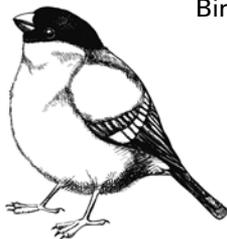


# You might find ticks on which of these animals?

Deer



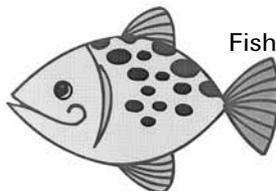
Bird



Chipmunk



Fish



Seal



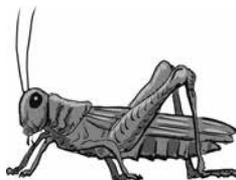
Dog



Mouse



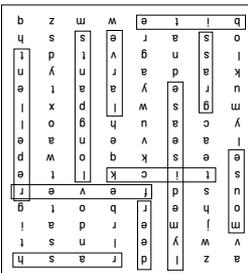
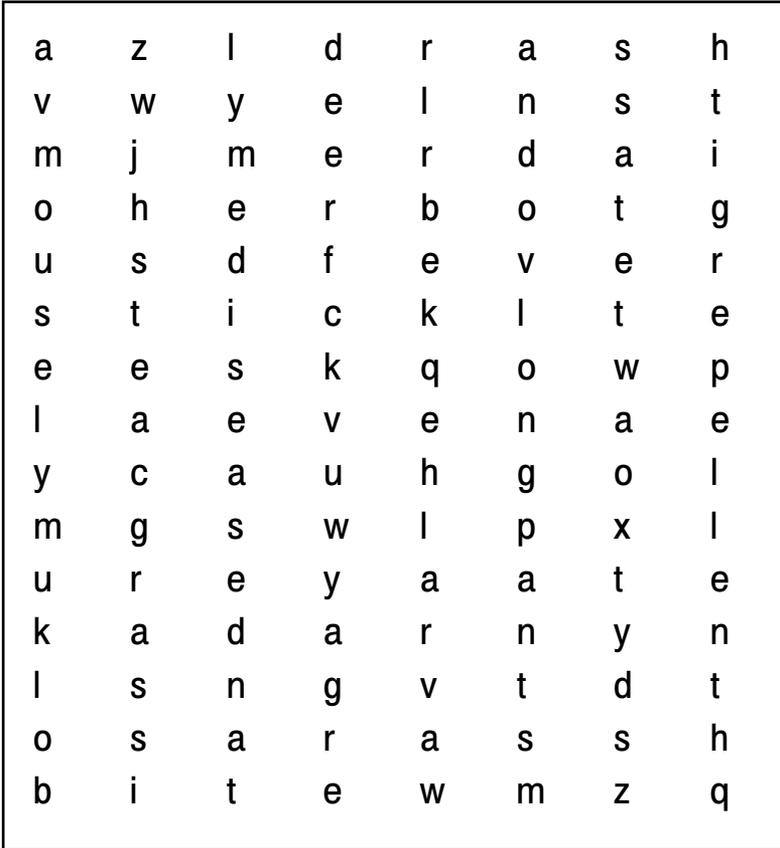
Cricket



Answer: deer, bird, chipmunk, dog, mouse

## Find these words:

- |       |       |              |
|-------|-------|--------------|
| Deer  | Bite  | Repellent    |
| Mouse | Rash  | Long Pants   |
| Grass | Tick  | Lyme Disease |
| Larva | Fever |              |

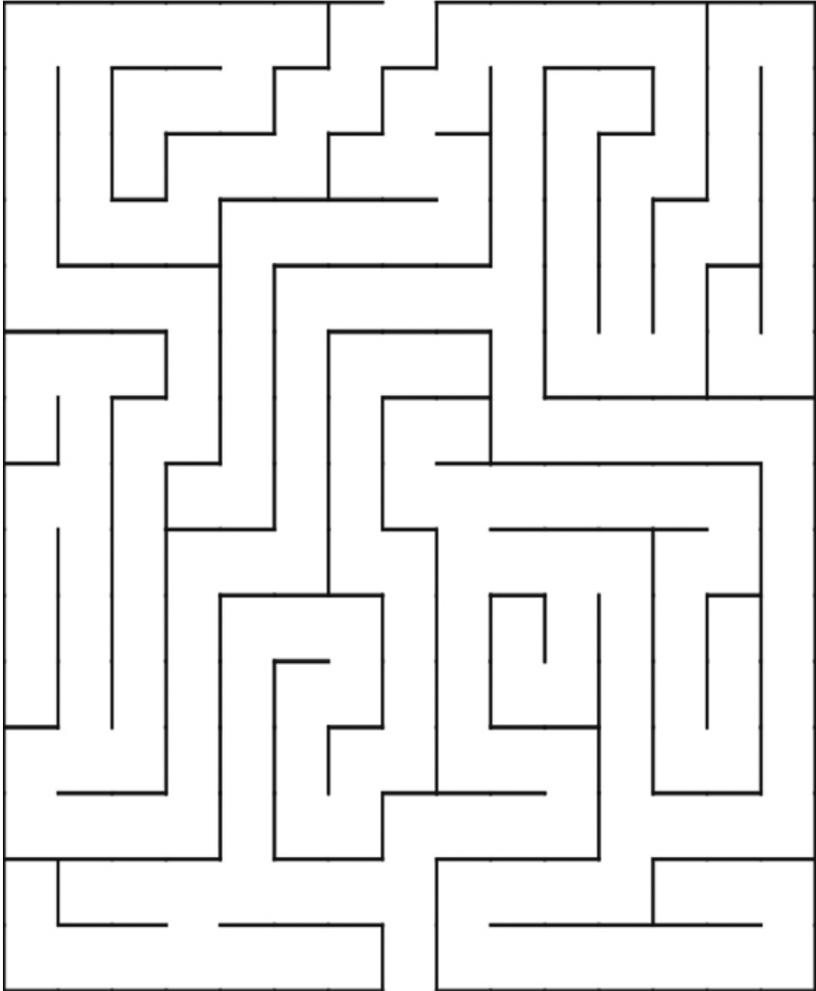


Answer:

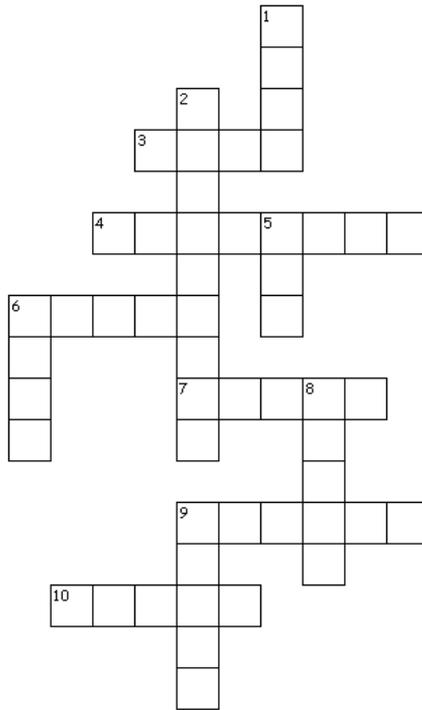
**Can you help this hiker reach his can of insect repellent?**



Start



# Crossword Puzzle



## Word Bank

Pants  
Four  
Tick  
Repellent  
Trail  
Socks  
Deer  
Questing  
Two  
Check  
Nymph  
Scutum

### Across

- The blacklegged tick is sometimes called a \_\_\_\_\_ tick
- What a tick is doing when it hides in the grass and waits for a person or animal to walk by
- Make sure you are staying on this when hiking or walking outside
- Third stage in the blacklegged tick's life cycle
- The hard, shiny part of a tick's back
- When you come in from outside, ask your parent or guardian to help you do a "Tick \_\_\_\_\_".

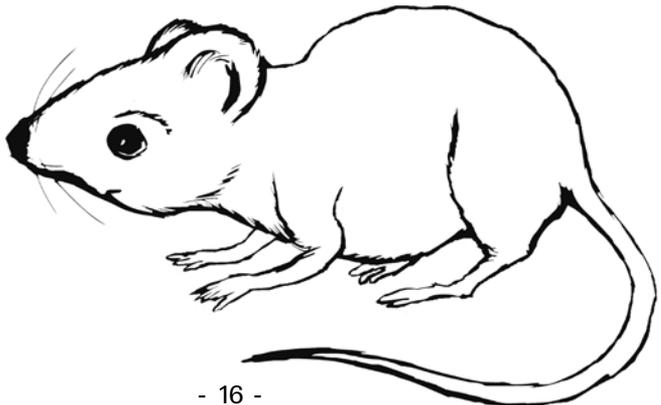
### Down

- How many pairs of legs does a tick nymph have?
- Always make sure to follow the instructions on the label when you apply this
- How many years does a blacklegged tick live for?
- This pest can pass the germs that cause Lyme disease
- Wear these instead of shorts to help prevent tick bites
- Tuck your pants into these to help prevent tick bites

Answers: 1. Four 2. Repellent 3. Deer 4. Questing 5. Two 6. Trail 7. Nymph 8. Pants 9. Socks (down) 10. Check (across)

## Can you color these animals?

Deer and mice are common animals that ticks bite to feed on.



## Can you unscramble these words?

1. itkc \_ \_ \_ \_
2. Lmey \_ \_ \_ \_
3. gnlo pnast \_ \_ \_ \_ \_ \_
4. replleetrn \_ \_ \_ \_ \_ \_
5. hkei \_ \_ \_ \_
6. rahs \_ \_ \_ \_
7. smoue \_ \_ \_ \_ \_
8. ered \_ \_ \_ \_
9. tlal arssg \_ \_ \_ \_ \_ \_
10. koscs \_ \_ \_ \_ \_
11. nyphm \_ \_ \_ \_ \_
12. dary \_ \_ \_ \_ \_
13. alirt \_ \_ \_ \_ \_

For more information contact the  
New Hampshire Department of  
Health and Human Services  
Bureau of Infectious Disease Control  
(603) 271-4496 or 800-852-3345 ext 4496  
[www.dhhs.nh.gov](http://www.dhhs.nh.gov)



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