

# TICKS AT WORK!

JESSICA



## MESSAGE FROM JESSICA

Hello!

My name is Jessica and I work at the Public Health Agency of Canada. Here, we care about people's health and safety, so we conduct research to prevent diseases and illness. Have you heard the saying "prevention is better than cure?" It means it is better to take actions to prevent an illness than to get sick and treat it later. Prevention is important to us!

My team and I are focusing on tick bite prevention. Ticks have 8 legs; they are arachnids, same family as spiders. In part due to climate change, there are more ticks than before. You should take precautions to help prevent tick bites. To protect yourself while outdoors, you should:

- Wear light coloured, long-sleeved shirts and pants to spot ticks easily.
- Tuck your shirt into your pants, and your pants into your socks.
- Wear closed-toe shoes.
- Apply insect repellent containing DEET or Icaridin to clothing and exposed skin (always follow label directions).

If you find a tick on your body, don't try to remove it yourself. Ask an adult to remove it with clean, fine-point tweezers. They should grasp the head of the tick as close to the skin as possible and slowly pull straight out. Removing attached ticks as soon as possible reduces the chance of infection.

This is why after returning from an outdoor activity, it is important to do a tick check. Remember to also check your pets because they can bring ticks into the house.

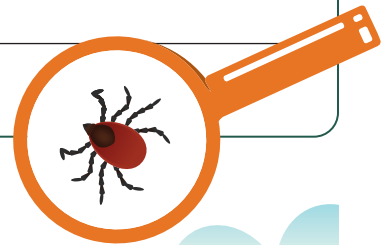
Thank you for taking the time to read my message. I hope that you will share it with your family and friends.

*Jessica*



QUESTIONS

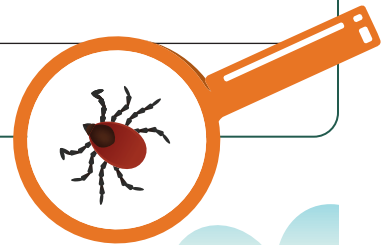
1. Where does Jessica work?  
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2. What family do ticks belong to?  
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3. Why are there more ticks than there used to be?  
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4. In the text, circle the four ways to prevent tick bites.  
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5. What should you do when you come back from an outdoor activity?  
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6. Why is checking our pets for ticks so important?  
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7. What should you do if you find a tick attached to your body?  
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8. What should be used to remove a tick that is attached to the skin?  
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ENJOY THE OUTDOORS,  
WITHOUT A TICK!

ANSWERS

1. Where does Jessica work? **She works at the Public Health Agency of Canada in Ottawa.**
2. What family do ticks belong to? **They belong to the same family as spiders (arachnids).**
3. Why are there more ticks than there used to be? **There are more ticks because of climate change.**
4. In the text, circle the four ways to prevent tick bites.
5. What should you do when you come back from an outdoor activity? **I should do a tick check.**
6. Why is checking our pets for ticks so important? **Because they can bring ticks into the house.**
7. What should you do if you find a tick attached to your body? **I should ask an adult to remove it.**
8. What should be used to remove a tick that is attached to the skin? **Clean fine-point tweezers should be used.**



ENJOY THE OUTDOORS,  
WITHOUT A TICK!