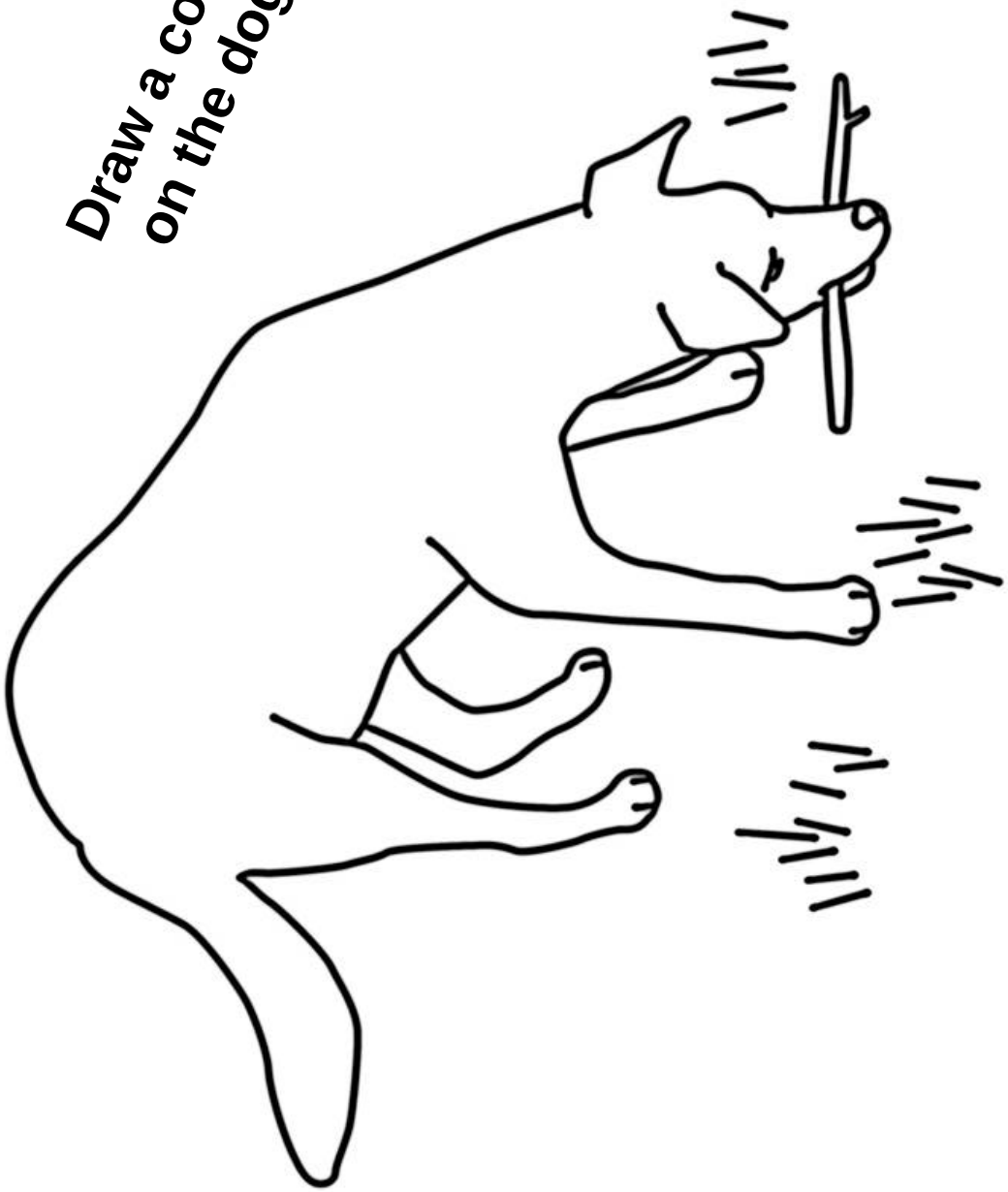
2011-2012 Coloring Book Calendar

For Rocky Mountain Spotted Fever

Draw a collar
on the dog.

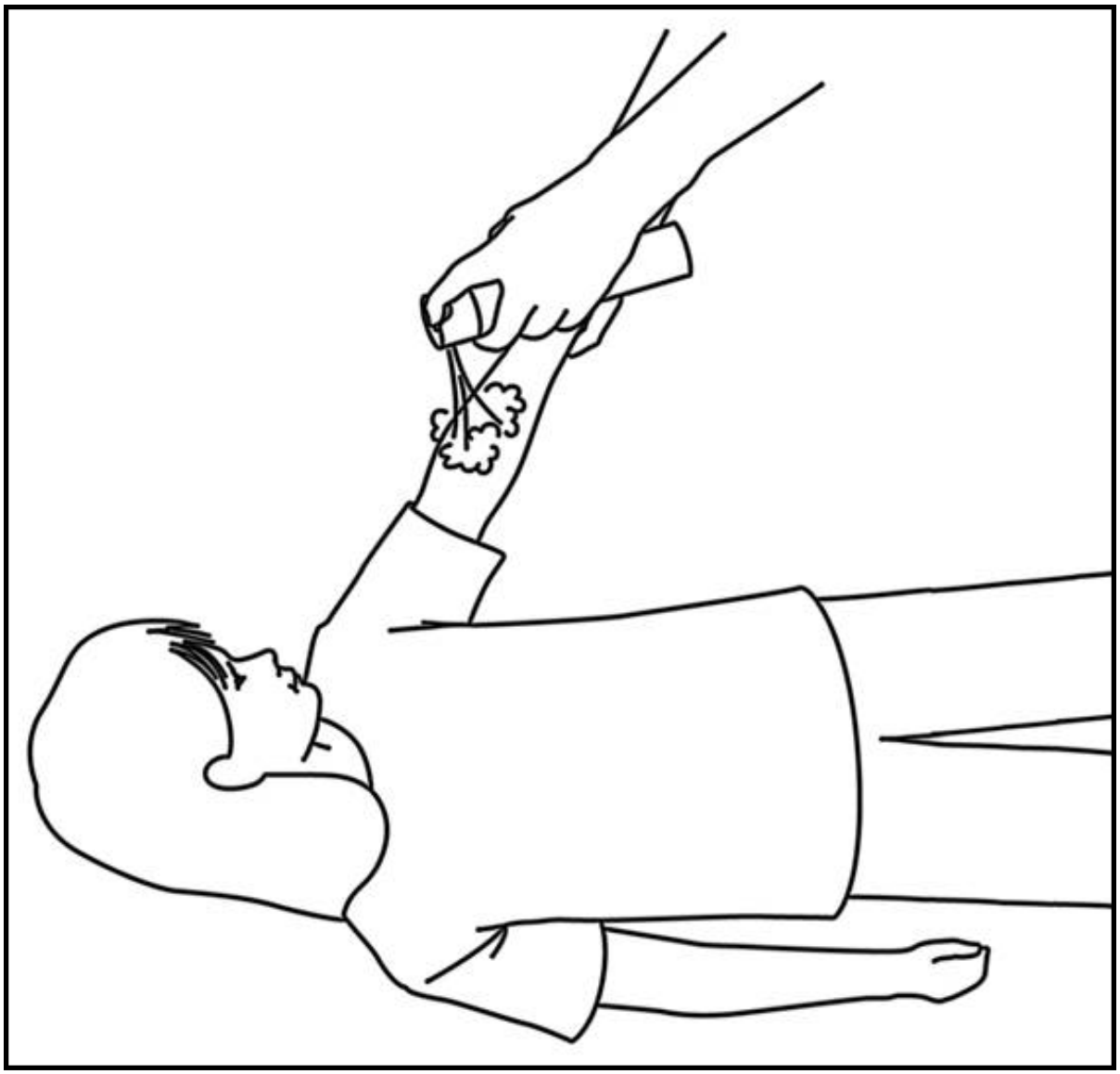


Rocky Mountain Spotted Fever is a serious illness that is spread through tick bites.

This coloring book with school and health activities calendar has important pictures and information that will help parents protect themselves and their children from this disease.

Please do the following:

- Color pictures and borders
- Read tick information next to each month
- Share extra calendars with loved ones
- Keep a pair of tweezers handy in the home



April 2011

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2 **Yard cleanup**
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

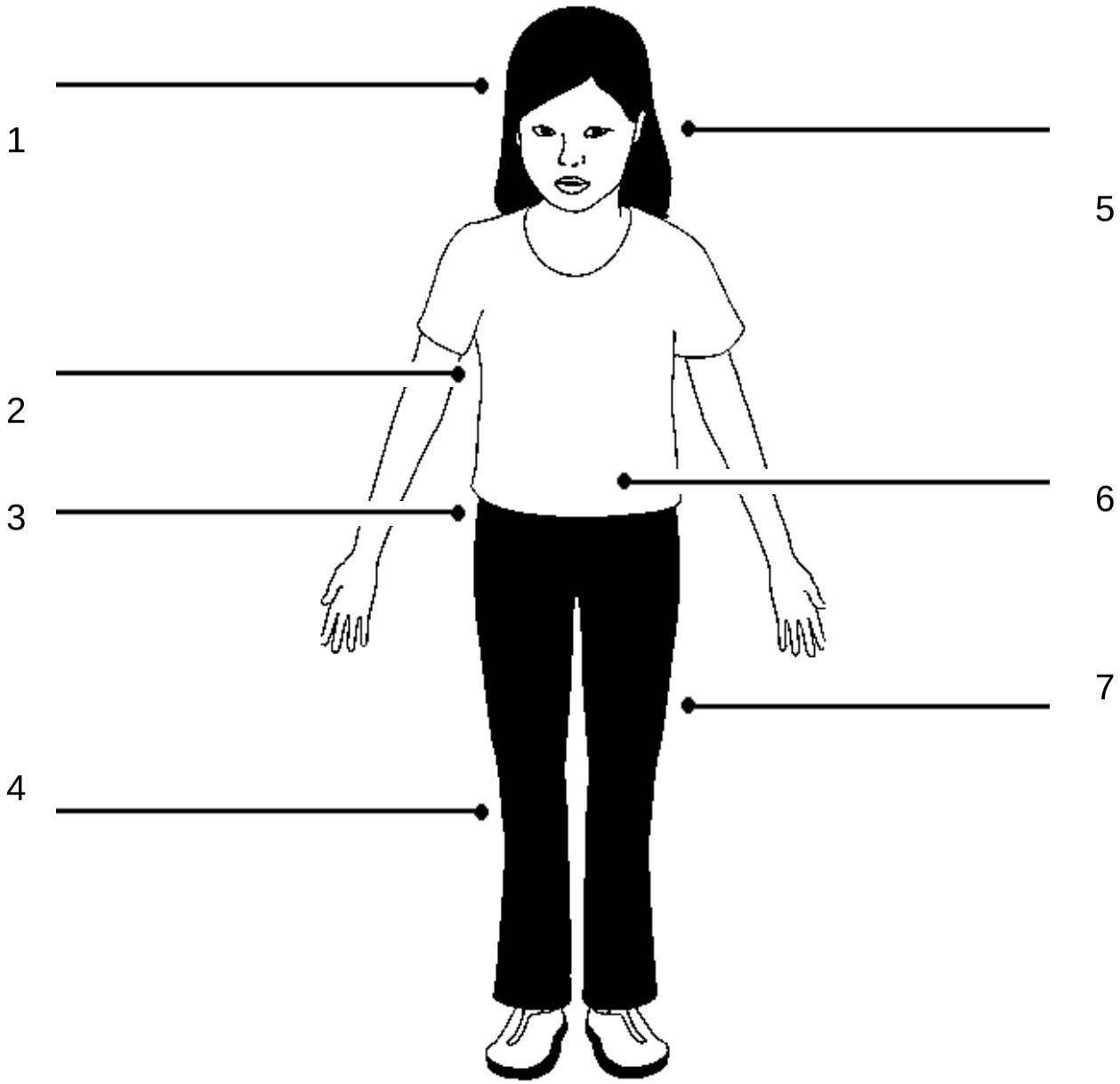
Insect Repellents

Insect repellents can prevent tick bites.

Parents should apply repellents to their children *each* time the child goes out-doors to play.

Avoid getting repellent on the hands, eyes, and mouth.

Be sure to follow the instructions on the label.


1
2
3
4
5
6
7

May 2011

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7 **Yard cleanup**
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Daily Tick Checklist

Be sure to look for ticks on yourself and children

1. Throughout the hair and around the hairline

2. Under the arms

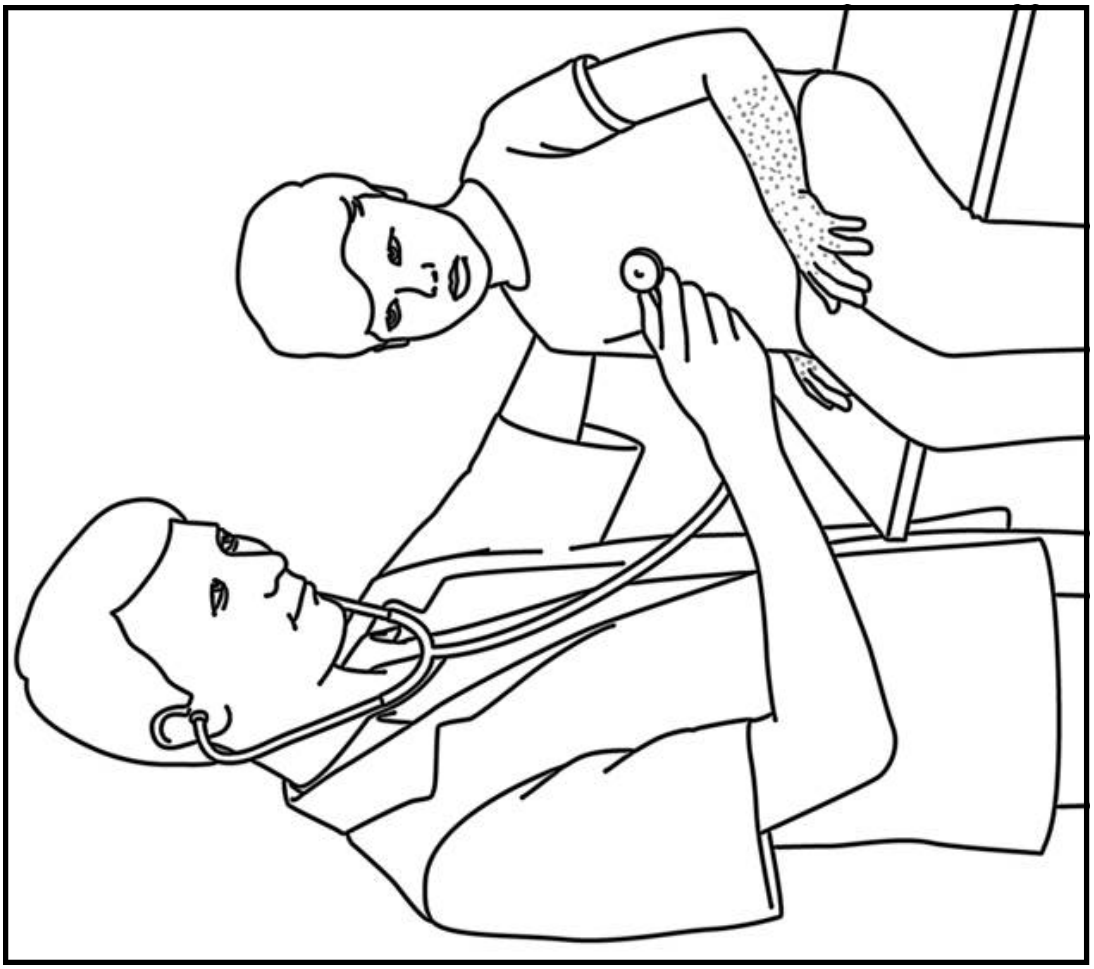
3. Around the waist

4. Back of the knees

5. In and around the ears

6. In belly button

7. Between the legs



June 2011

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4 **Yard cleanup**
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

Signs & Symptoms of Rocky Mountain Spotted Fever

Fever

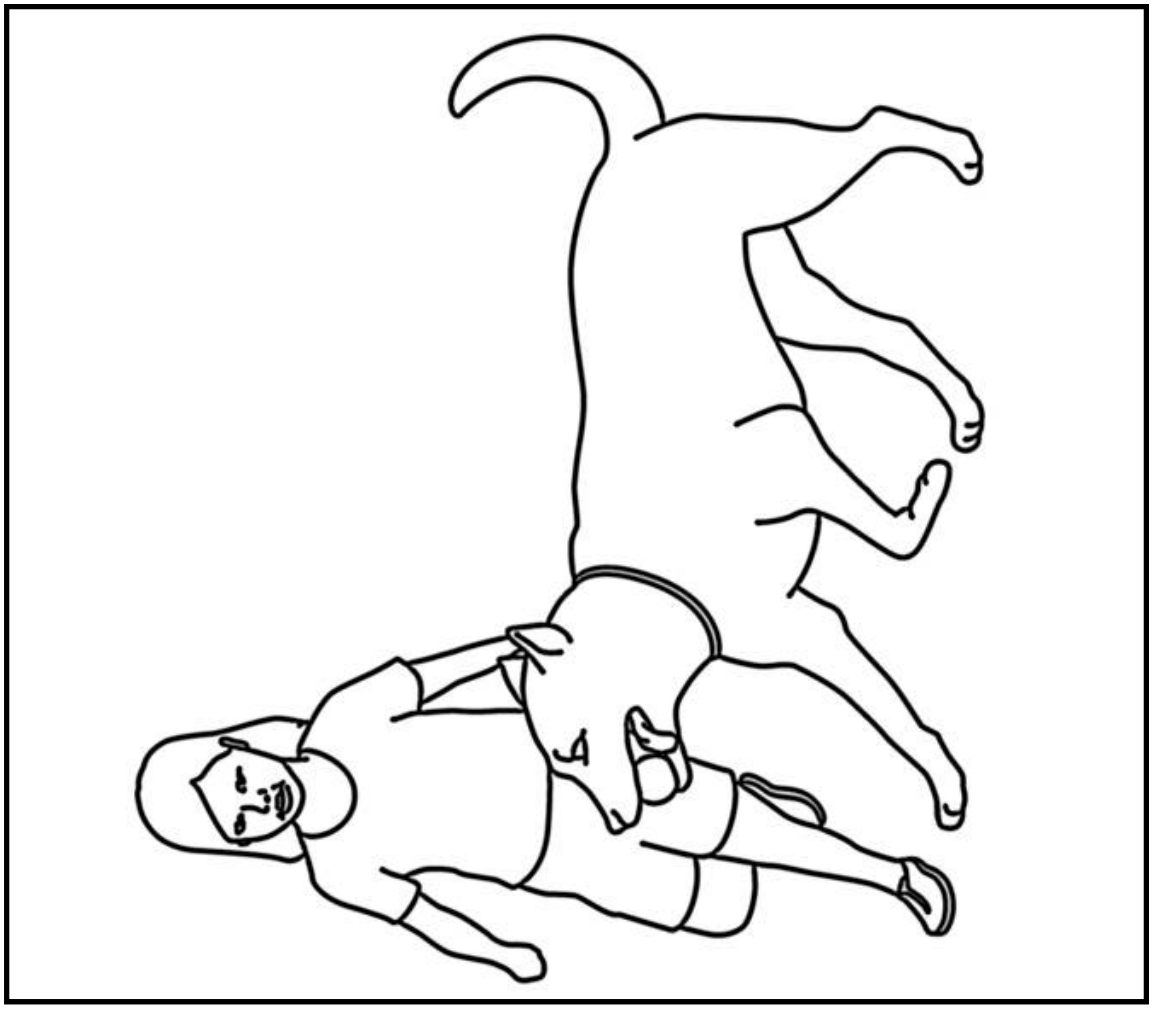
Headache

Rash

Nausea

Vomiting

Tick Bite



July 2011

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2 **Yard cleanup**
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

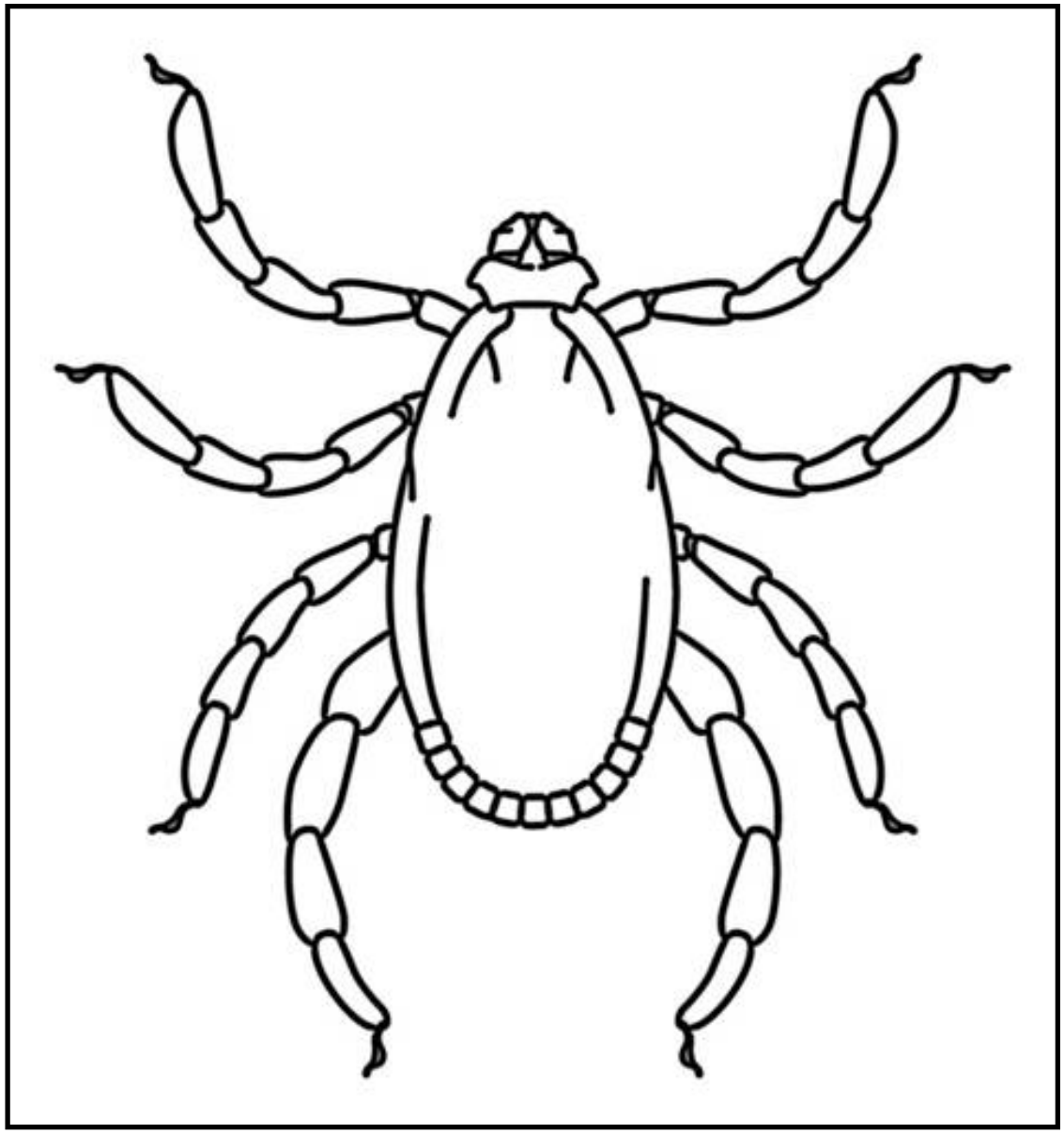
Checking for Ticks

Please check yourself and children if you have been:

Playing or working out-side

In contact with dogs

In places where dogs sleep or rest



Actual Size

August 2011

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6 Yard cleanup
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

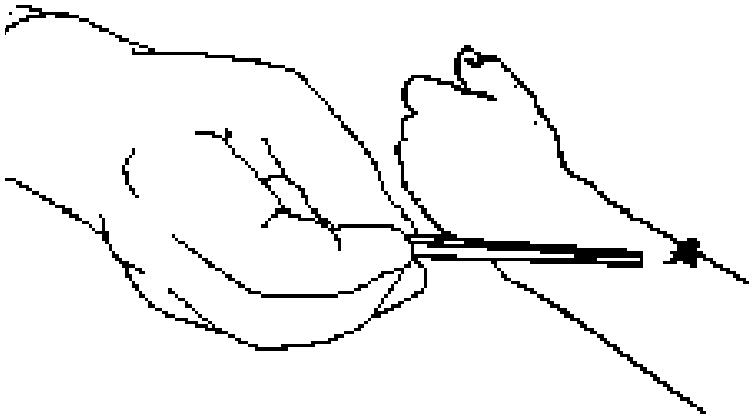
RMSF

Rocky Mountain Spotted Fever (RMSF) is an illness that can be spread to humans by the Brown Dog tick.

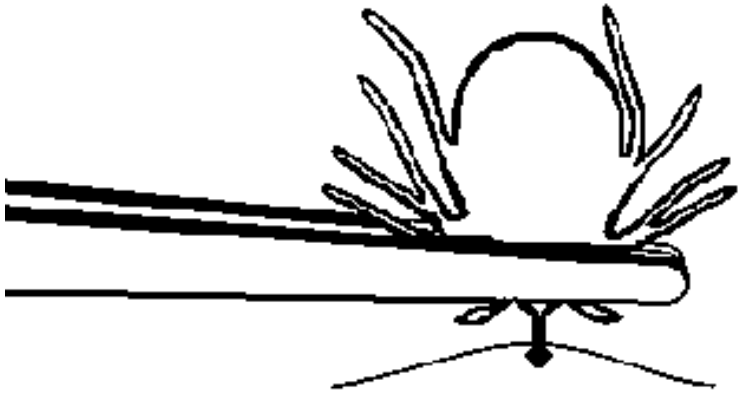
The Brown Dog tick has been found on dogs in almost every community.

One female adult tick can lay up to 3000 eggs.

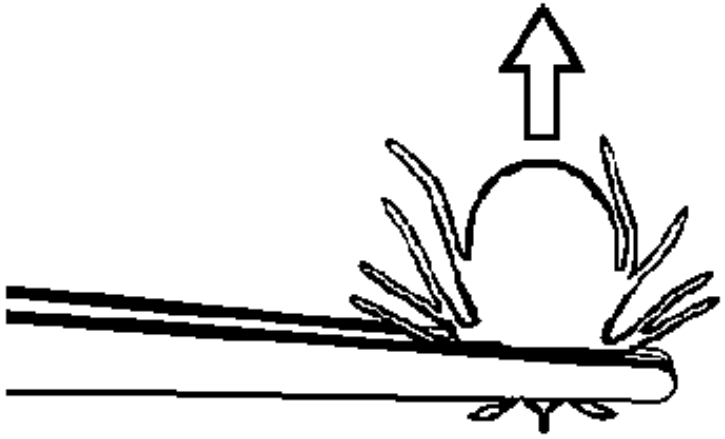
Removing Ticks



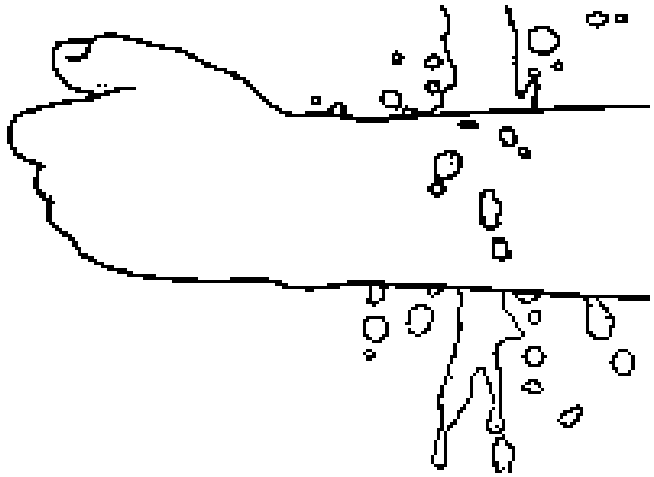
Use tweezers to remove ticks when possible



Grab the tick close to the skin



Gently pull straight up until all parts of the tick are removed



Wash the bite with soap and water

September 2011

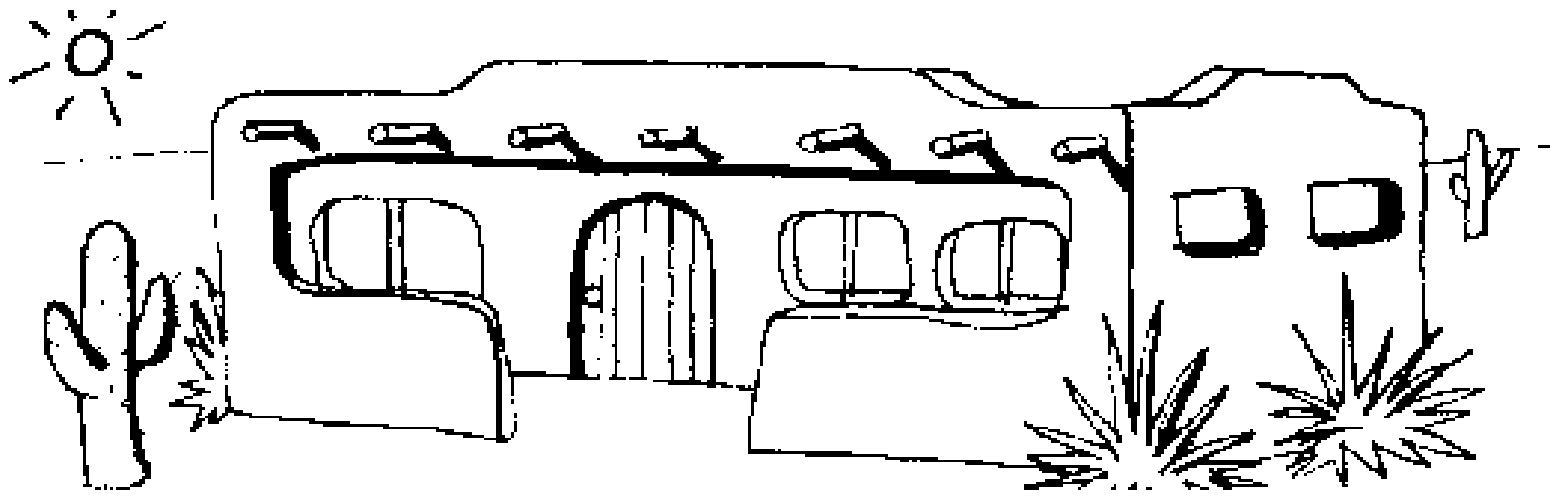
SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3 **Yard cleanup**
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

Treating Tick Bites

It is important to remove the tick as soon as possible.

Use tweezers and wear gloves to remove ticks.

Wash the bite with soap and water.



Draw Your Home Here

October 2011

SUN	MON	TUE	WED	THU	FRI	SAT
						1 **Yard cleanup**
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

Keep Ticks Out of Your Yard

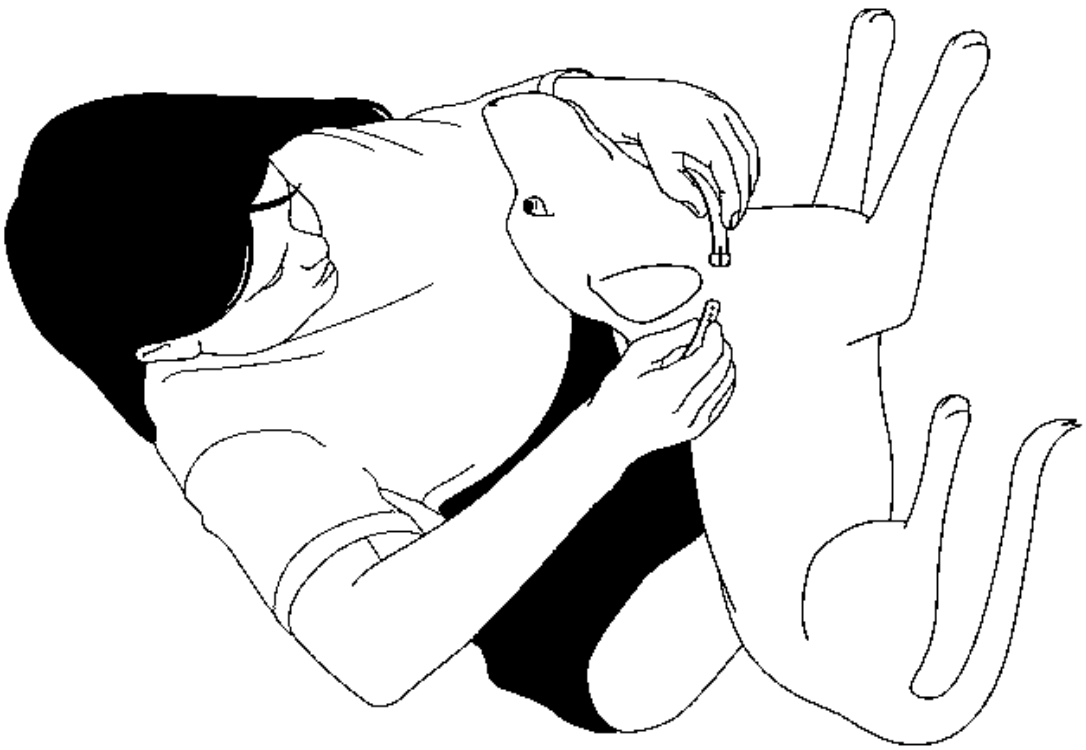
Keep children and their toys away from tall grass and spots where dogs sleep

Cut grass often.

Remove unused couches, mattresses, and lumber from your yard.

Apply pesticide to kill ticks.

Be sure to follow the instructions on the label.



November 2011

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5 **Yard cleanup**
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

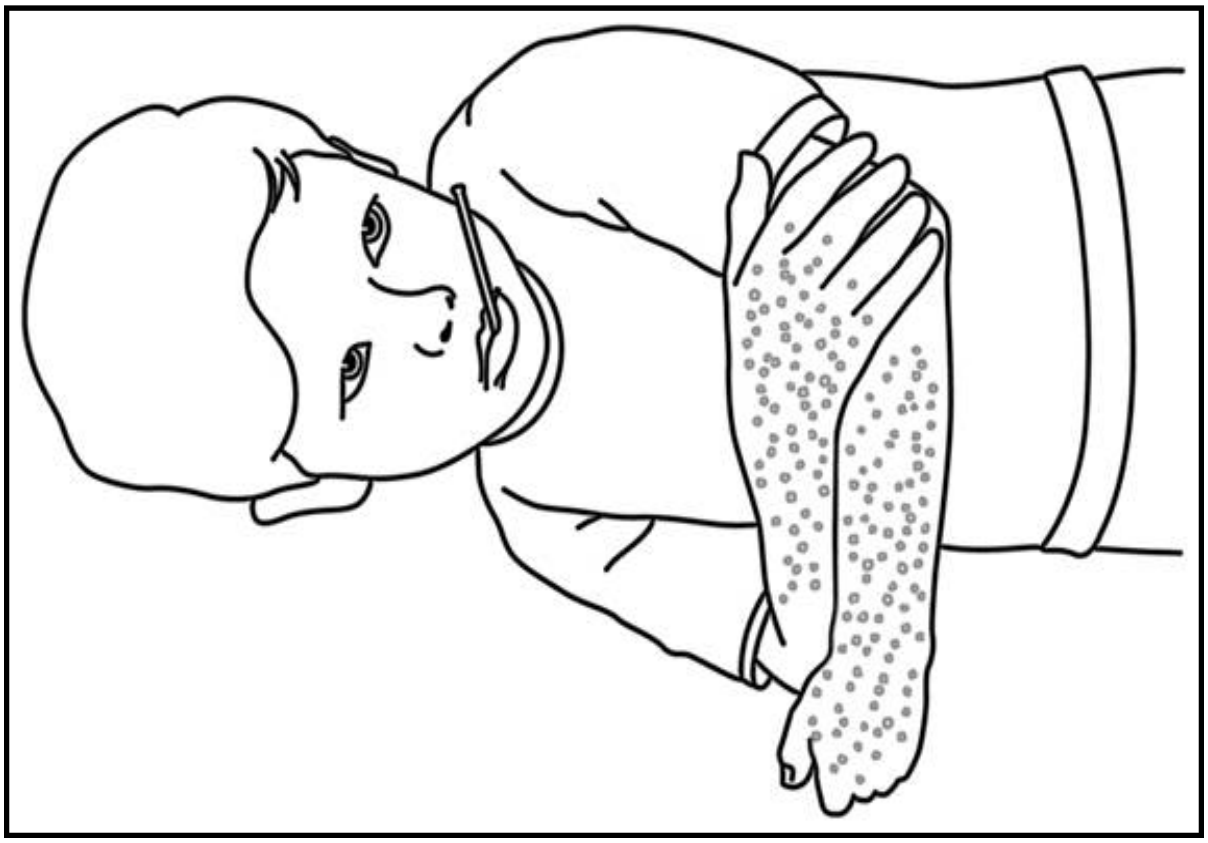
Dog Tick Collars

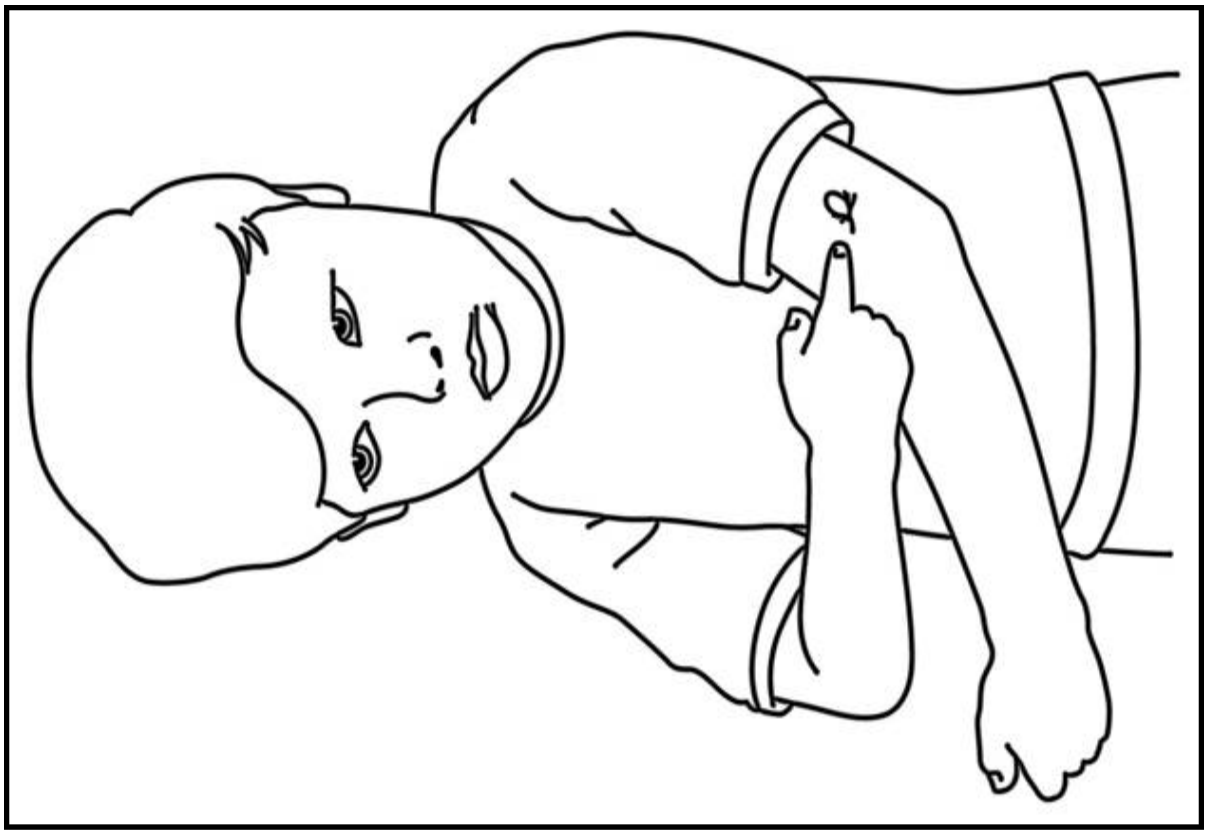
Place tick collars on dogs or apply medicine drops.

Make sure dogs keep collars on.

Replace collar every 3 months or as directed.

Do not collar pregnant or nursing dogs.





December 2011

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3 **Yard cleanup**
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Go to the Hospital

If your child has any of the following:

Fever

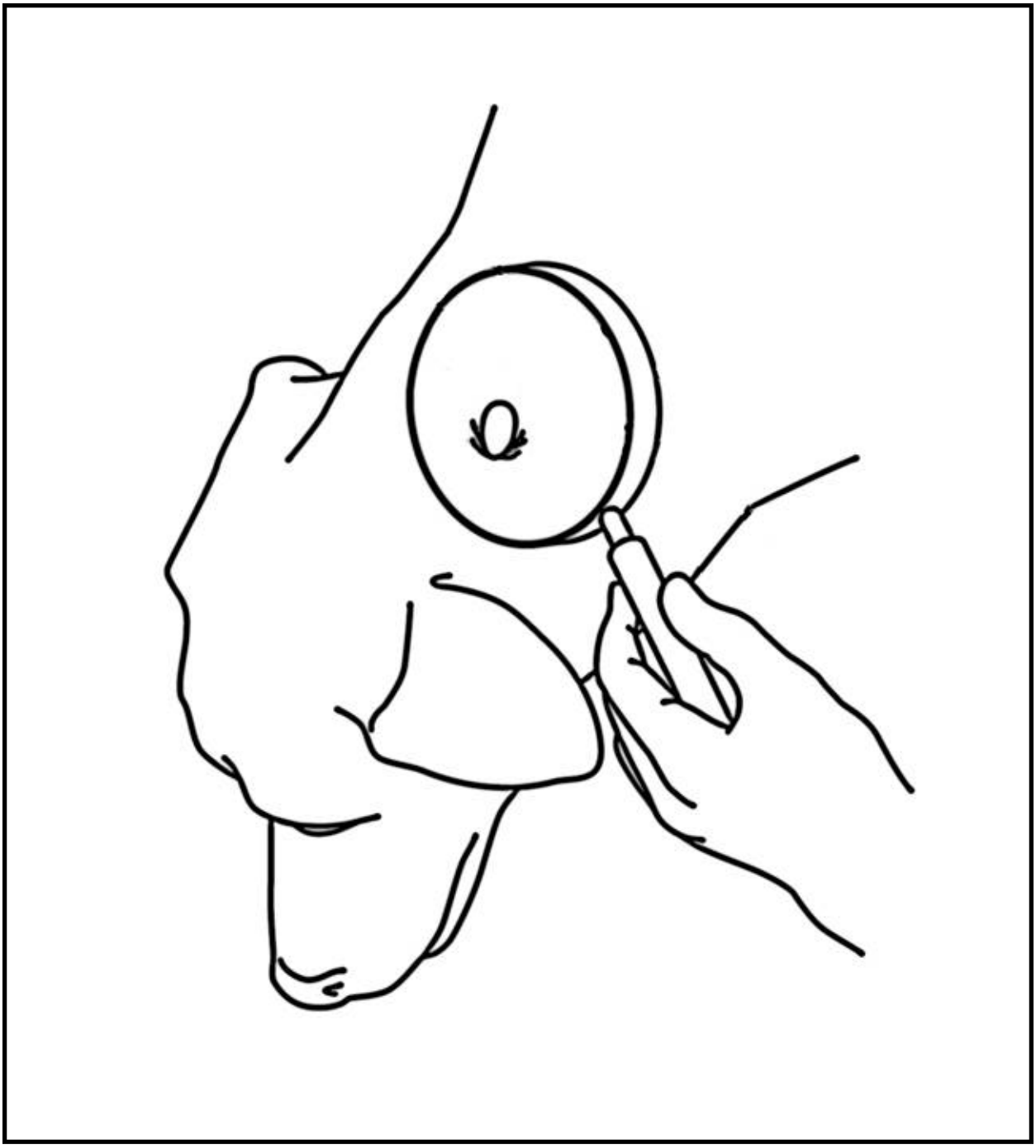
Headache

Rash

Nausea

Vomiting

Tick Bite



January 2012

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7 **Yard cleanup**
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

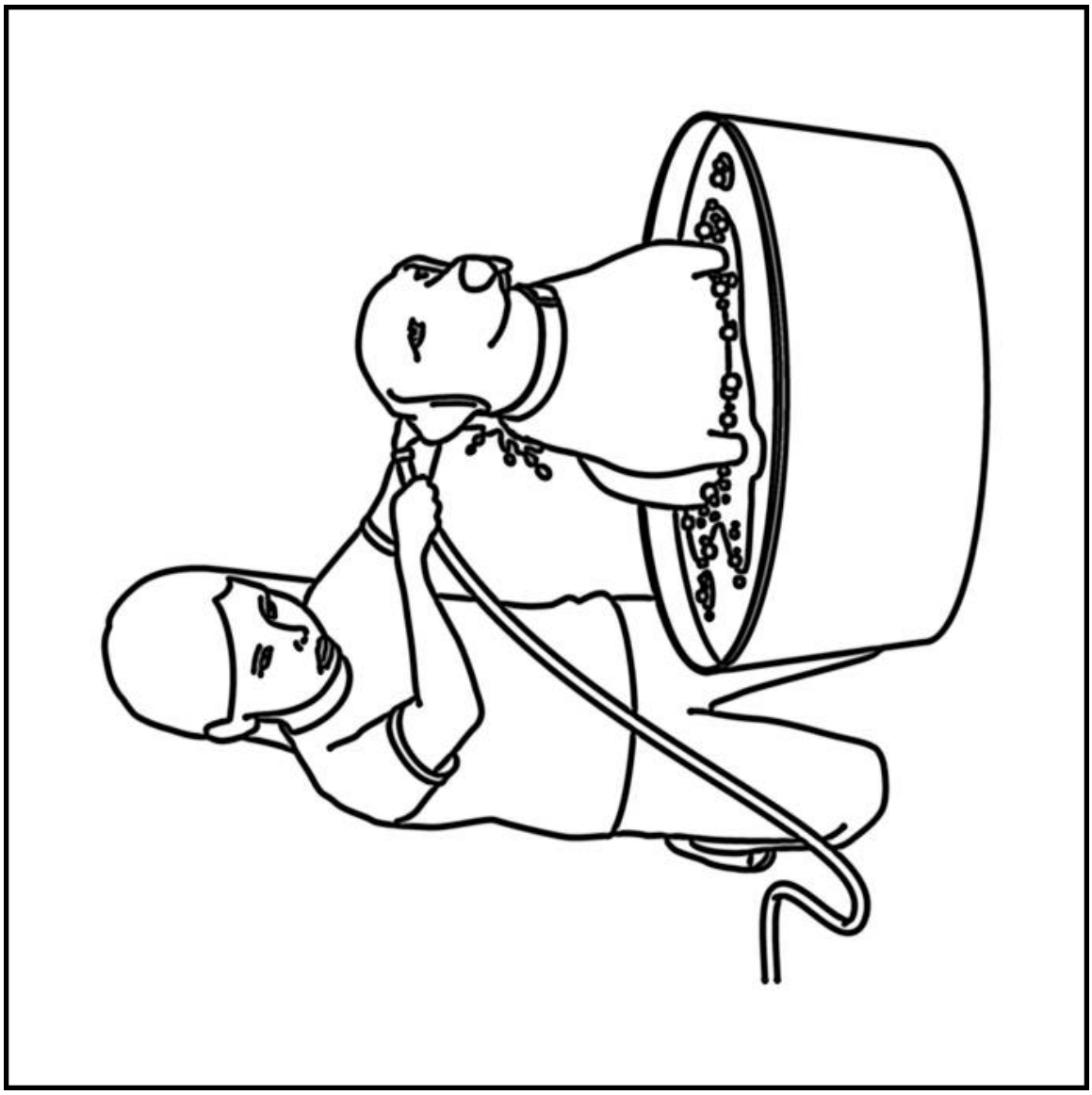
Check Dogs

Ticks may be carried into the house on dogs.

Examine dogs carefully and remove ticks with a pair of tweezers.

Wash your hands right away.

Homes without dogs are still in danger of having ticks brought to their yards from roaming dogs.



February 2012

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4 **Yard cleanup**
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29			

Dog Care

Wash dogs with tick shampoo regularly.

Keep rabies shots current.

Keep dogs at home or on a leash.

Keep strays away from home.

TICK!

March 2012

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3 **Yard cleanup**
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

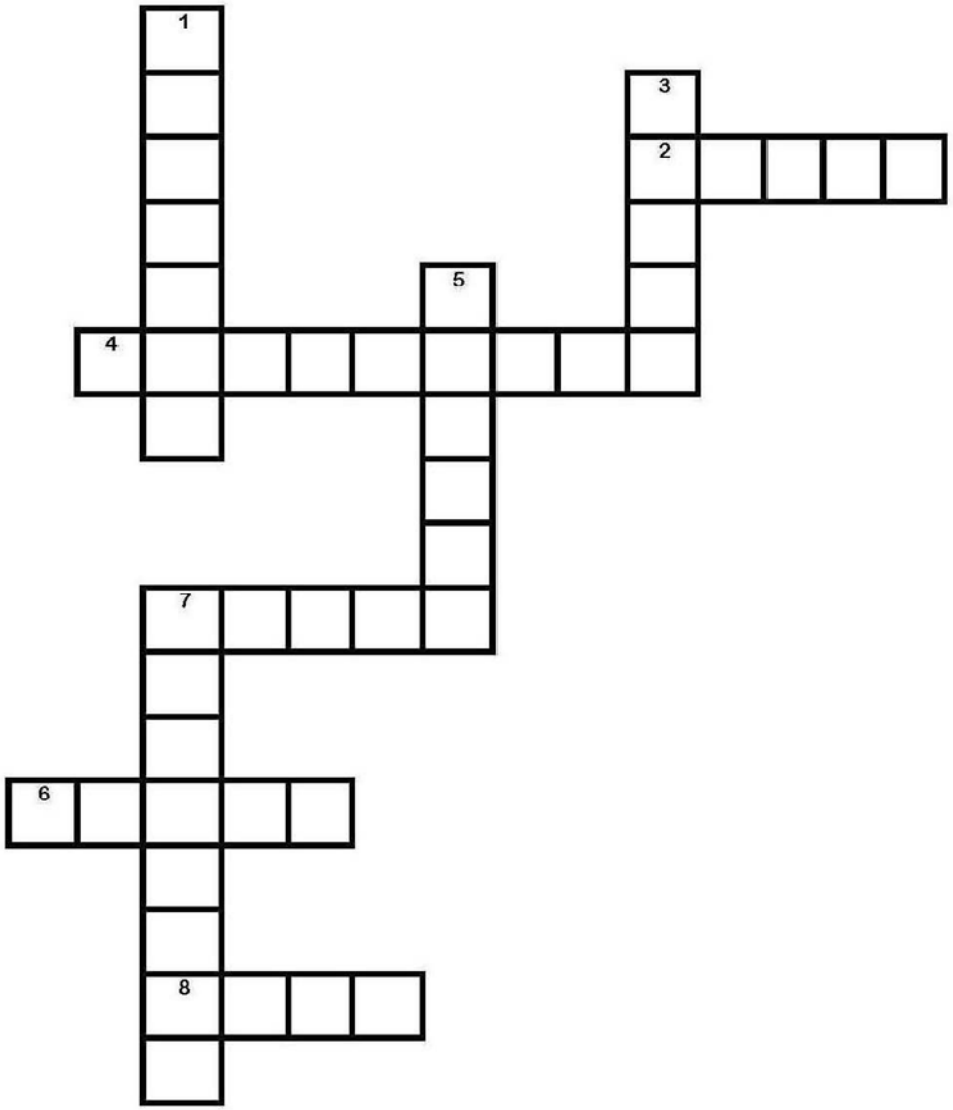
Prevent Tick Bites

Avoid playing around old mattresses and couches and where dogs sleep.

Wear light-colored clothing to see ticks on clothes.

Use insect repellent and follow the label instructions.

Immediately tell mom or dad if you see a tick.



Down

1. Rocky Mountain _____ fever.
3. Tell an _____ if you find a tick on you.
5. Protects your hands when removing a tick.
7. Used to remove a tick.

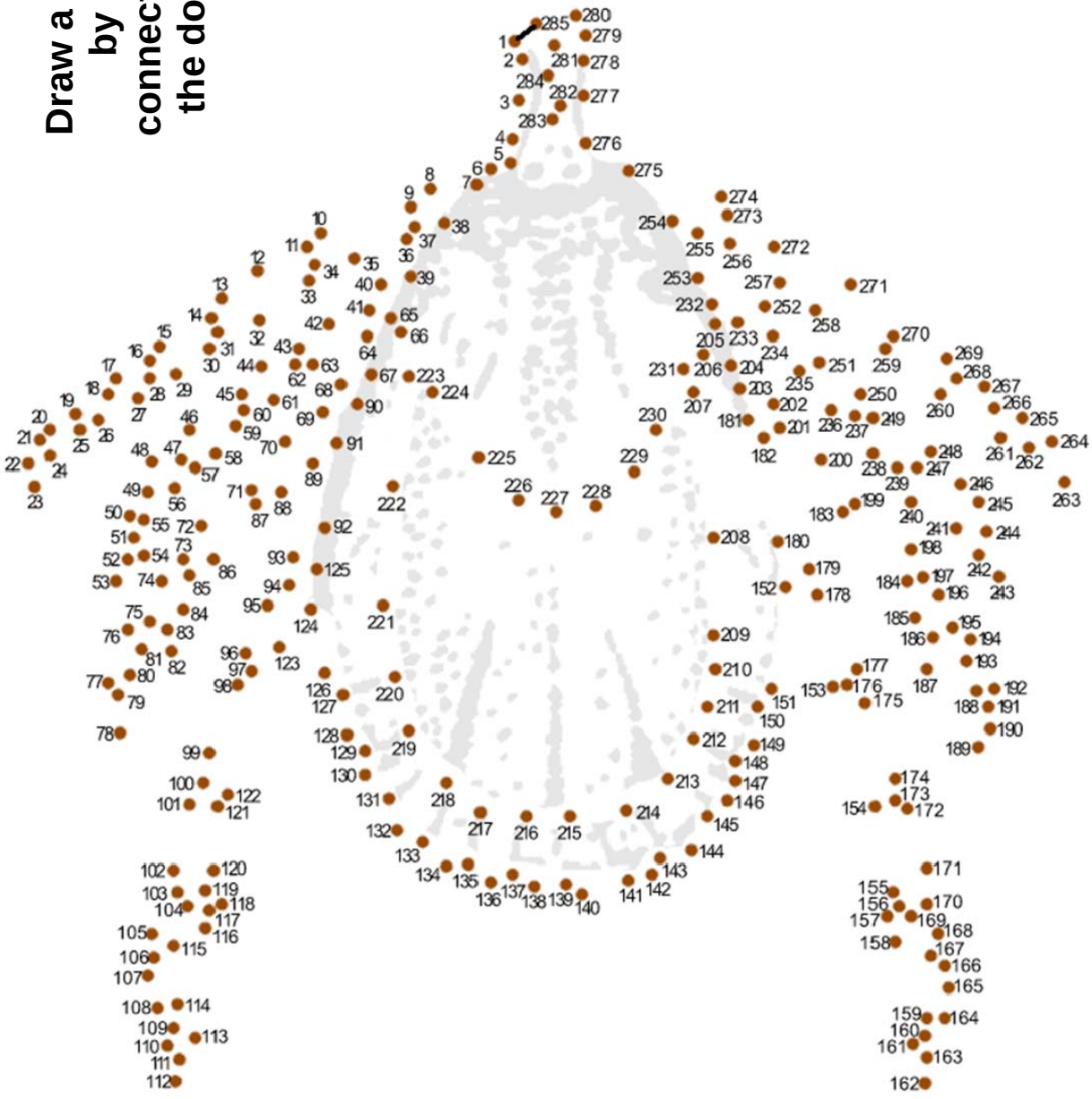
Across

2. How often are you are supposed to check yourself for ticks?
4. Used to keep insects from biting (ex. DEET).
6. To prevent tick habitats, you should keep your yard ____.
7. RMSF is spread by ____.
8. Common signs of RMSF include: fever; headache; _____.

April 2012

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7 Yard cleanup
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

Draw a tick by connecting the dots.



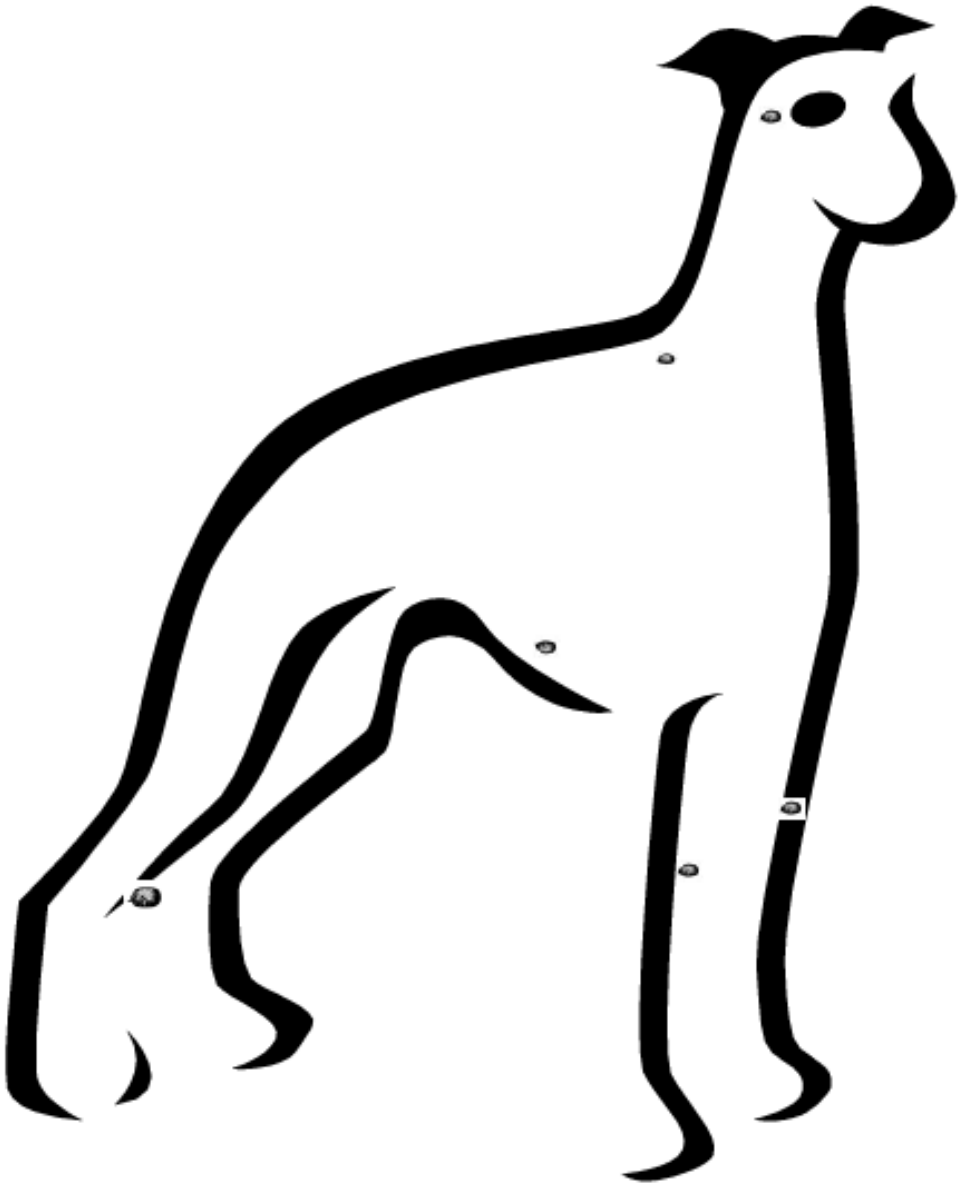
May 2012

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5 Yard cleanup
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

Circle the places ticks like to hide. Can you find the 4 tiny ticks in the picture?

June 2012

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7 Yard cleanup
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				



Find the ticks on the dog. (Hint: There are 6.)

July 2012

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4 Yard cleanup
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

WORD SEARCH

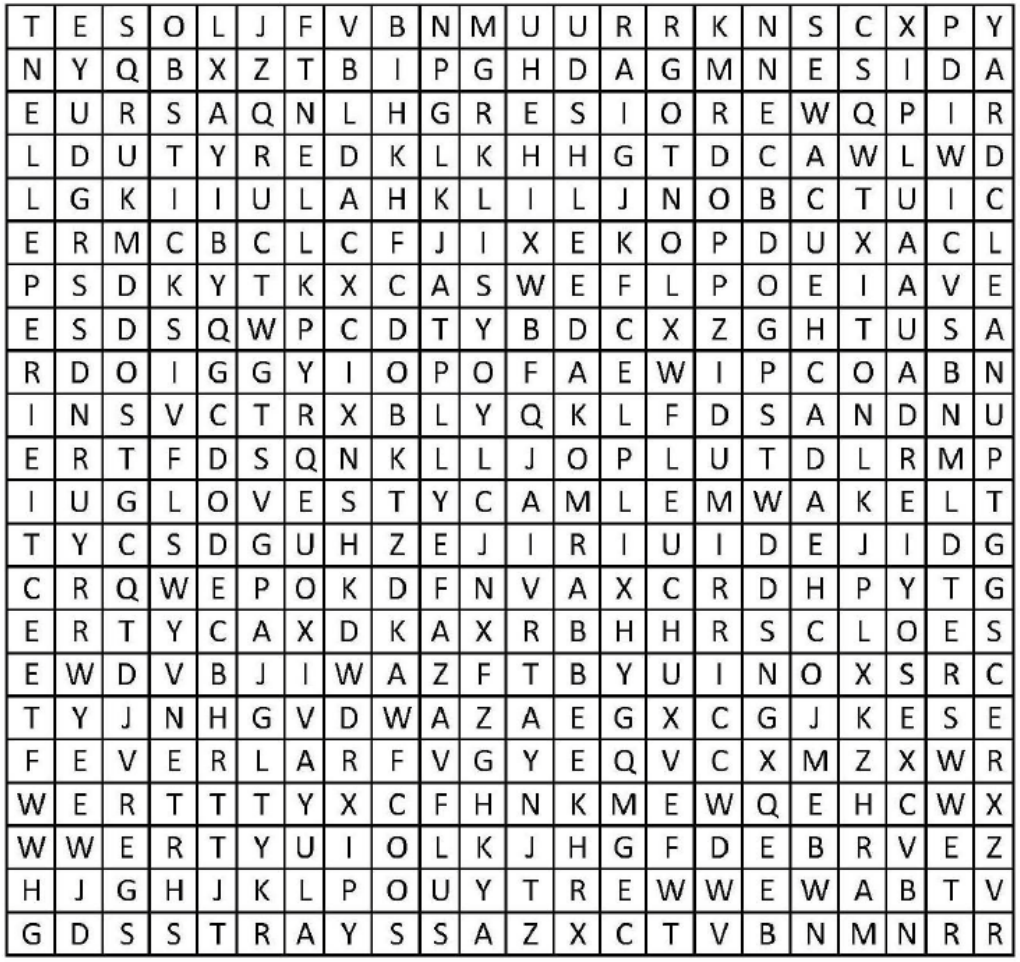
TICKS

FEVER

RASH

HEADACHE

STRAYS



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

TICK

COLLAR

TWEEZERS

GLOVES

SANDWICH

BAG

YARD

CLEANUP

REPELLENT

August 2012

SUN	MON	TUE	WED	THU	FRI	SAT
						1 Yard cleanup
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

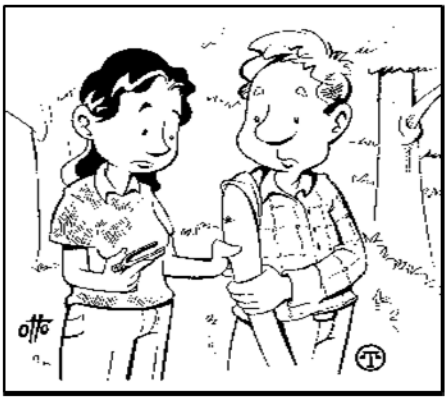
Arizona Department of Health
Vector-Borne & Zoonotic Diseases
150 N. 18th Avenue. Ste. 140
Phoenix, AZ 85007
Tel: (602) 364-4562
vbzd@azdhs.gov

Indian Health Service
Office of Environmental Health
PO Box 860
Whiteriver, AZ 85941
Tel: (928) 338-3652

Division of Health Programs
White Mountain Apache Tribe
PO Box 1210
Whiteriver, AZ 85941
Tel: (928) 338-4955

Protect Yourself and Your Pets from
ROCKY MOUNTAIN SPOTTED FEVER
A potentially fatal tick-borne disease

Tick Checks...Save Lives

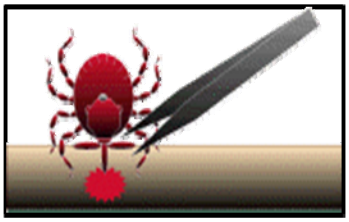


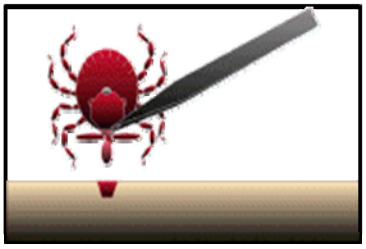
Look for ticks *daily* on head, body, and clothes of children, adults, and dogs.

Be alert for ticks after outdoor activities, especially during April-September.

Contact a doctor if you develop illness (fever, rash) after working or playing in areas with ticks.

Tick Removal...Saves Lives





Remove attached ticks promptly:

- Use tweezers or protect bare hands with tissue or gloves, and grasp the tick close to the skin.
- Gently pull straight up until all parts of the tick are removed. DON'T CRUSH the removed tick; flush it down the toilet.
- Wash the bite well with soap and water.

Tick Control...Saves Lives

When working or playing in areas with ticks,

- Use repellent containing permethrin (for clothes) or DEET (for skin).
- Wear light-colored clothes that cover your arms and legs. Tuck your pant legs into your socks.

Control ticks on dogs by using tick-repellent medications, collars, or shampoos.

Cut back shrubs and remove unused furniture and garbage from around the home.

Arizona Department of Health (602) 364-4562

What is RMSF?

- RMSF is a disease that can kill.
- It is spread by ticks.
- There have been at least **70** cases of RMSF and **8** deaths in White Mountain and San Carlos Apacheland since 2003.

What is a tick?

- A tick is a kind of bug that bites humans and animals.
- The tick that carries RMSF likes to live on dogs.

- Ticks come in different sizes—younger ticks may be so small you cannot even see them easily.
- Ticks are found in areas of your yard or home where dogs are.

How do you get RMSF?

- Ticks give RMSF to people by biting them.
- You may not even know it when you have been bitten by a tick.

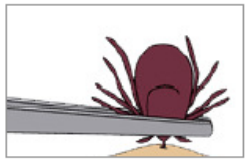
Prevent Tick Bites

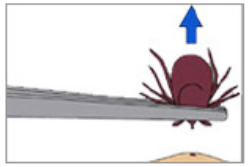
- Use insect repellents (DEET) to keep ticks from biting.
- Wear light-colored clothes that make it easy to spot ticks.
- Tuck your pants into your socks when working in areas where ticks may be.

Check for Ticks Every Day

- Check yourself and your children for ticks every day. Bath time is a good time to check.
- Ticks like to hide in hair, around ears, under arms, between the legs and behind the knees.
- Remove ticks right away and wash the area of the bite.

Remove Ticks Safely





- Use gloves or wash your hands afterward.
- Use tweezers. Grab the tick as close to the skin as possible.
- Pull upward with steady pressure.
- Avoid squeezing or crushing the tick. Flush the tick down the toilet.

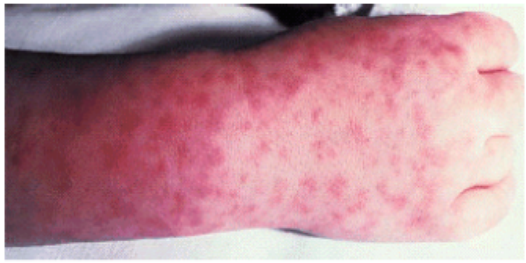
Know the Signs of RMSF

See the doctor if *any* signs of RMSF occur in the 2 weeks after a tick bites you.

Signs of RMSF include:

- Fever
- Headache, aches and pains
- Red spots, red bumps, or a rash, often appears a few days after the fever. This rash may appear on the hands and feet. Some people never get a rash.
- Here is what the rash looks like:

Child with Rocky Mountain spotted fever has the rash that is characteristic but typically does not appear until several days after fever onset



Photo/CDC

If you, or your child, has any of these signs, see a doctor right away—RMSF can be treated with medicine, but it must be given early.

If not treated early, RMSF can kill!

Get the tick before it gets you!

PREVENT ROCKY MOUNTAIN SPOTTED FEVER

KEEP TICKS OFF OF YOU AND YOUR FAMILY

Check yourself & children
Use insect repellents to prevent tick bites
Remove ticks
If you get sick, see a doctor

KEEP TICKS OFF OF YOUR DOGS

Put tick collars on all of your dogs
Replace the collars every 3 months
Or use appropriate tick medicine for dogs

KEEP TICKS OUT OF YOUR YARD

Keep your yard clean
Remove mattresses, trash, boards, and old furniture
Have your yard treated with pesticide

For more information on Rocky Mountain spotted fever:
Indian Health Services- Office of Environmental Health: (928) 338-3652