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
Insect Repellents

Insect repellents can prevent tick bites.

Parents should apply repellents to their children each time the child goes outdoors to play.

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

Be sure to follow the instructions on the label.

Yard cleanup

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
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Signs & Symptoms of Rocky Mountain Spotted Fever

- Fever
- Headache
- Rash
- Nausea
- Vomiting
- Tick Bite

Yard cleanup
### Checking for Ticks

Please check yourself and children if you have been:

- Playing or working outside
- In contact with dogs
- In places where dogs sleep or rest

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**Yard cleanup**
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
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.

SUN  MON  TUE  WED  THU  FRI  SAT

3  Yard cleanup

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September 2011
Draw Your Home Here
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**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.
**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.

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Go to the Hospital

If your child has any of the following:

Fever
Headache
Rash
Nausea
Vomiting
Tick Bite

Yard cleanup
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.

Yard cleanup
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.

Yard cleanup
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.

Yard cleanup
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 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; ____.
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Yard cleanup

April 2012
Draw a tick by connecting the dots.
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**May 2012**
Circle the places ticks like to hide. Can you find the 4 tiny ticks in the picture?
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Find the ticks on the dog. (Hint: There are 6.)
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Yard cleanup

**July 2012**
August 2012

1  Yard cleanup

Yard cleanup
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.
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:

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