

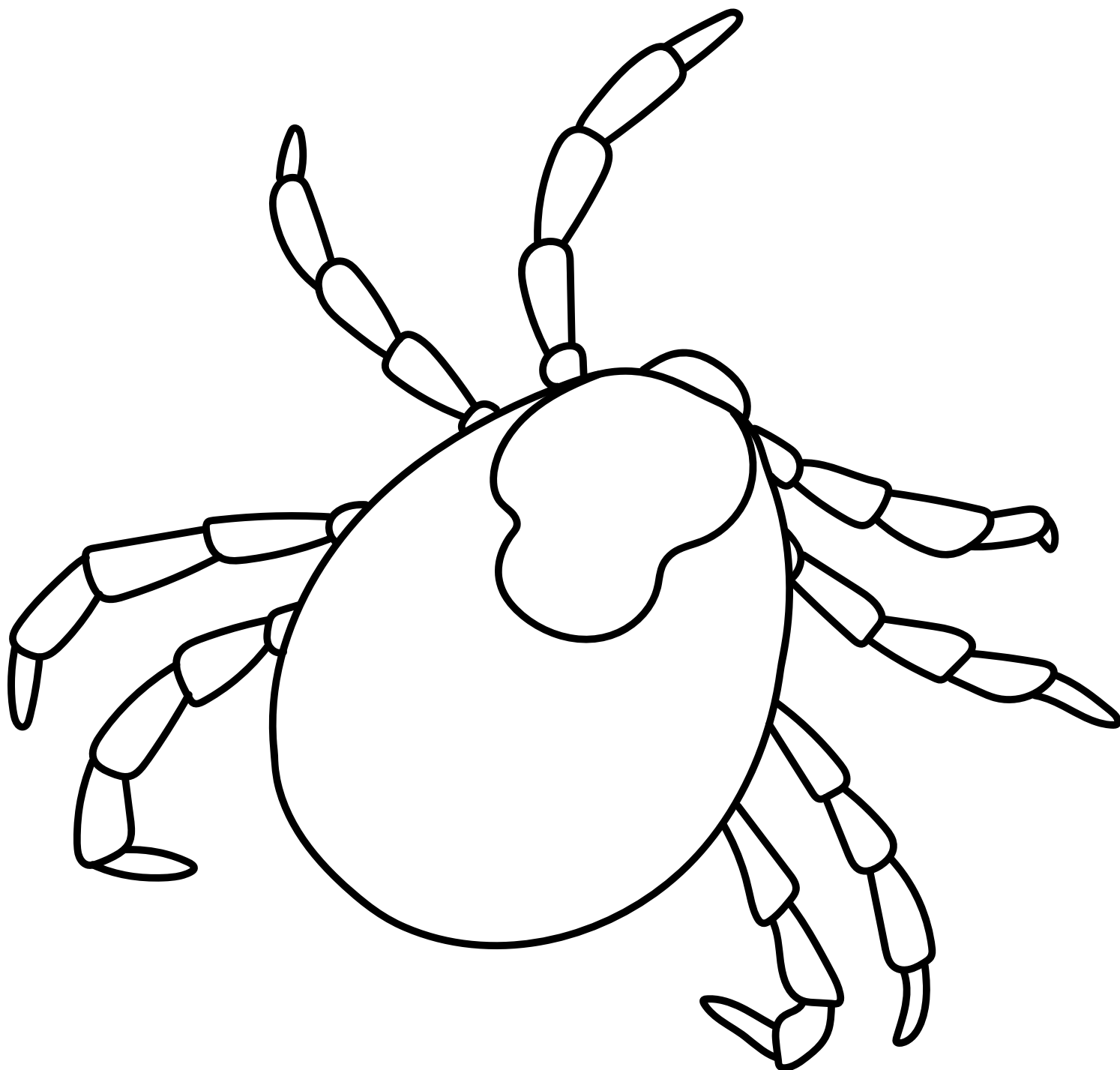
# DON'T GET SICK FROM A TICK!

FIGHT THE BITE AND PREVENT ROCKY MOUNTAIN  
SPOTTED FEVER (RMSF) IN CHOCTAW NATION



# ROCKY MOUNTAIN SPOTTED FEVER ACTIVITY BOOK





ACTUAL SIZE





Activities that put you at risk with coming in contact with ticks  
and Rocky Mountain Spotted Fever are...

CAMPING



HIKING

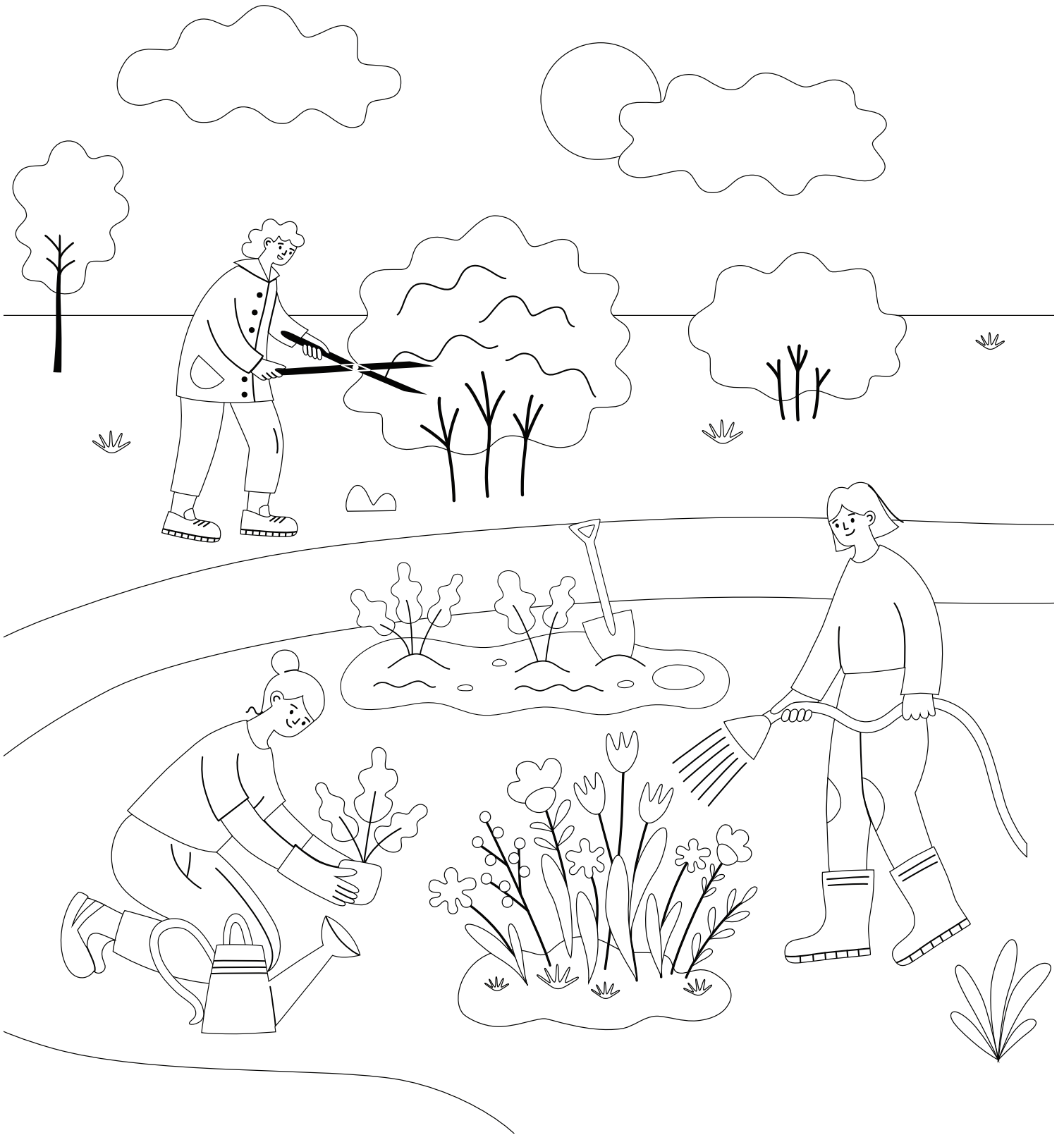




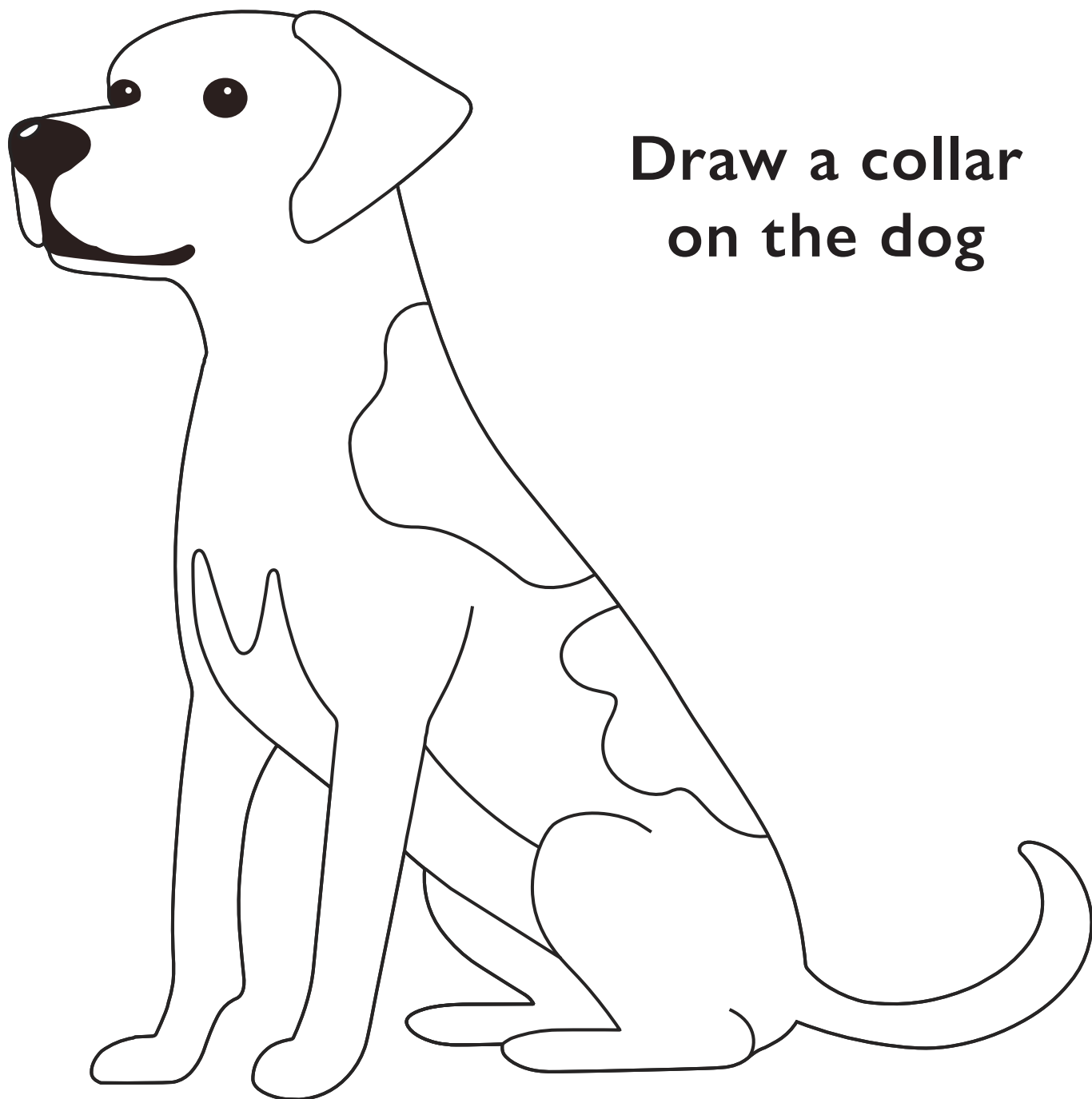
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WALKING PETS



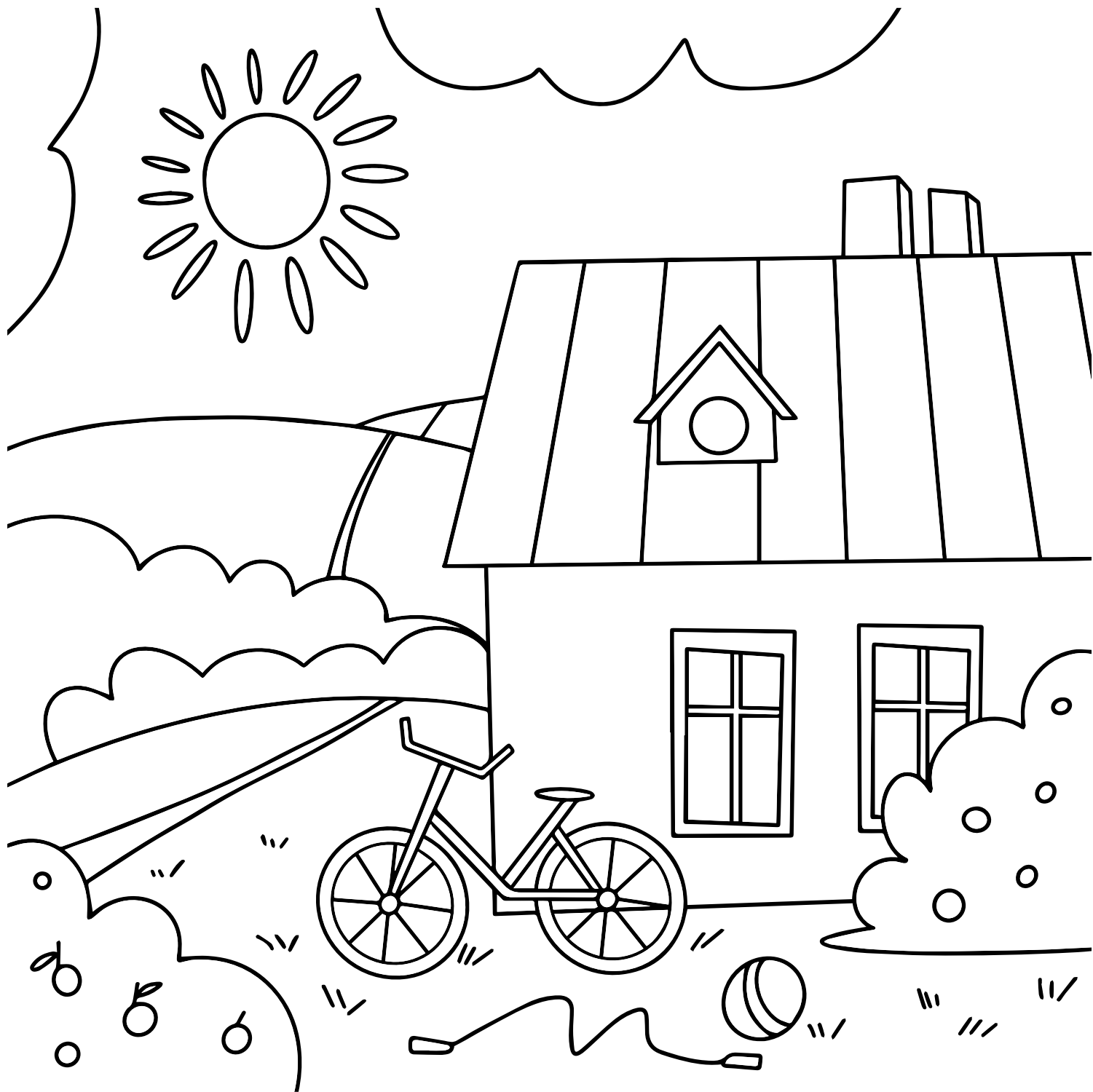
GARDENING



**Draw a collar  
on the dog**







You can find ticks carrying Rocky Mountain Spotted Fever  
in your own backyard.

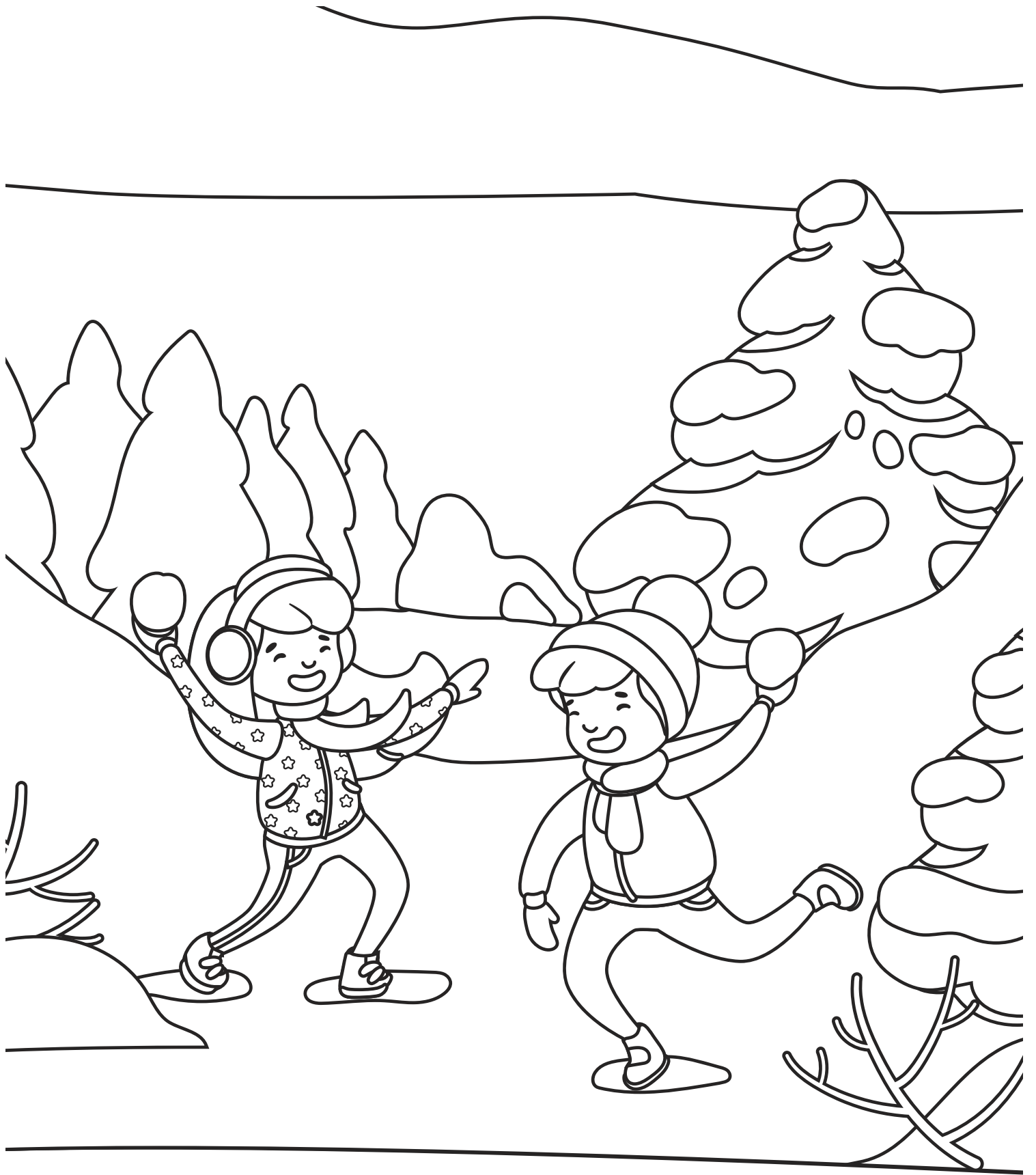




CONNECT THE DOTS  
to see who can bring ticks into your home.



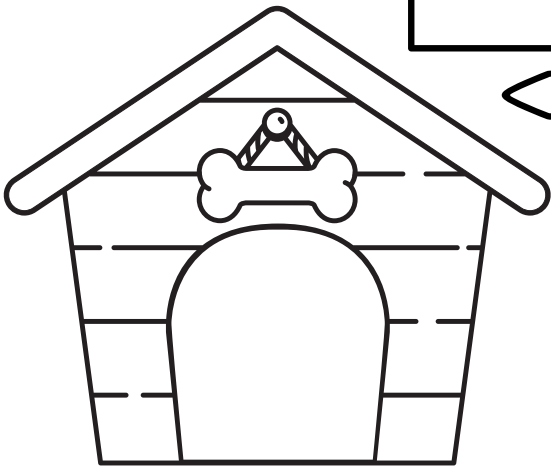
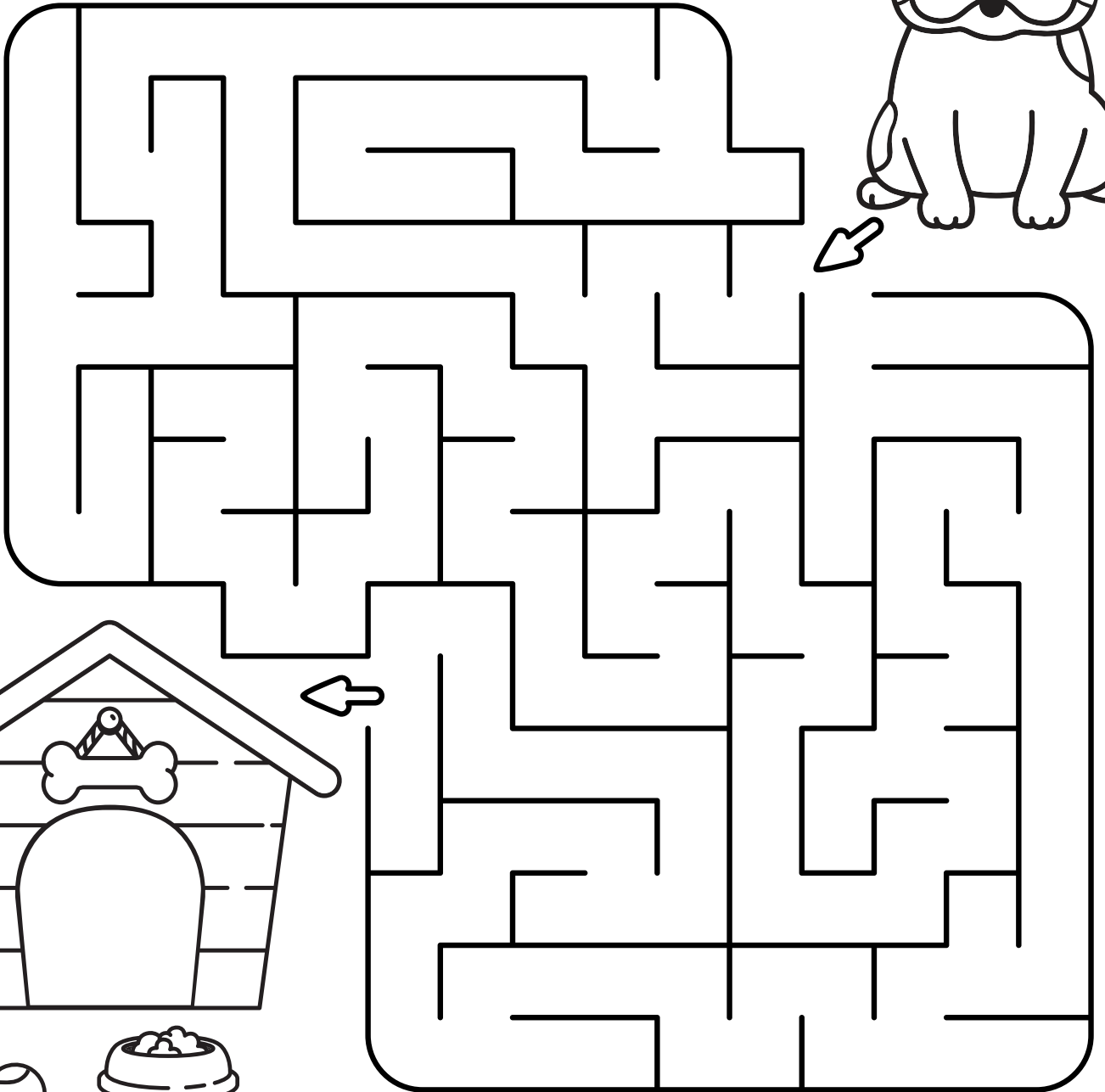
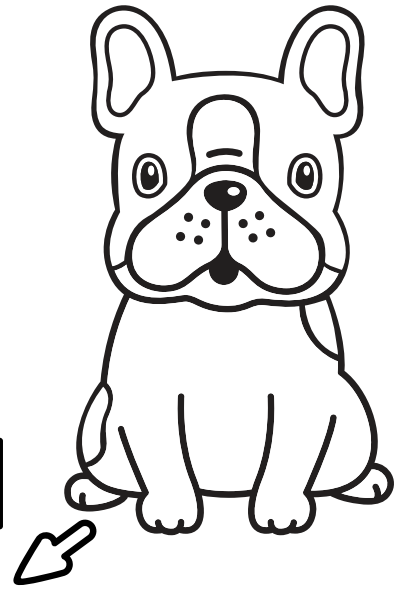
Don't forget, your pets can bring ticks into your house.



Even though spring and summer are the most common times of year people get Rocky Mountain Spotted Fever, you can get Rocky Mountain Spotted Fever any time of year.

# IN THE DOG HOUSE

Can you show this puppy the way to his house?



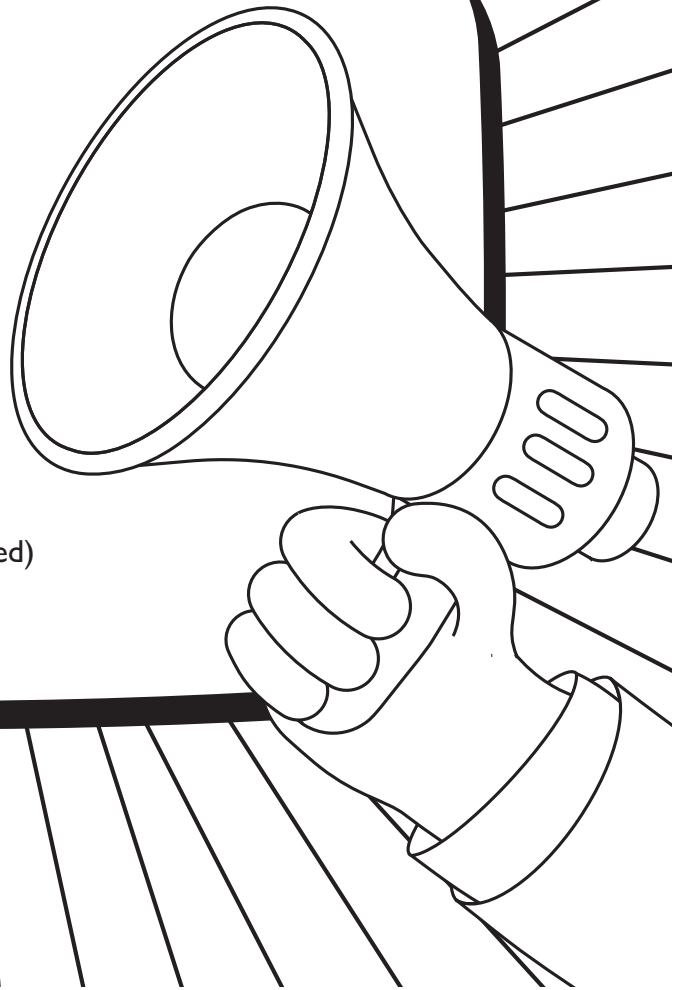
# IMPORTANT NOTICE

This is the  
**ACTUAL SIZE**  
of the deer tick

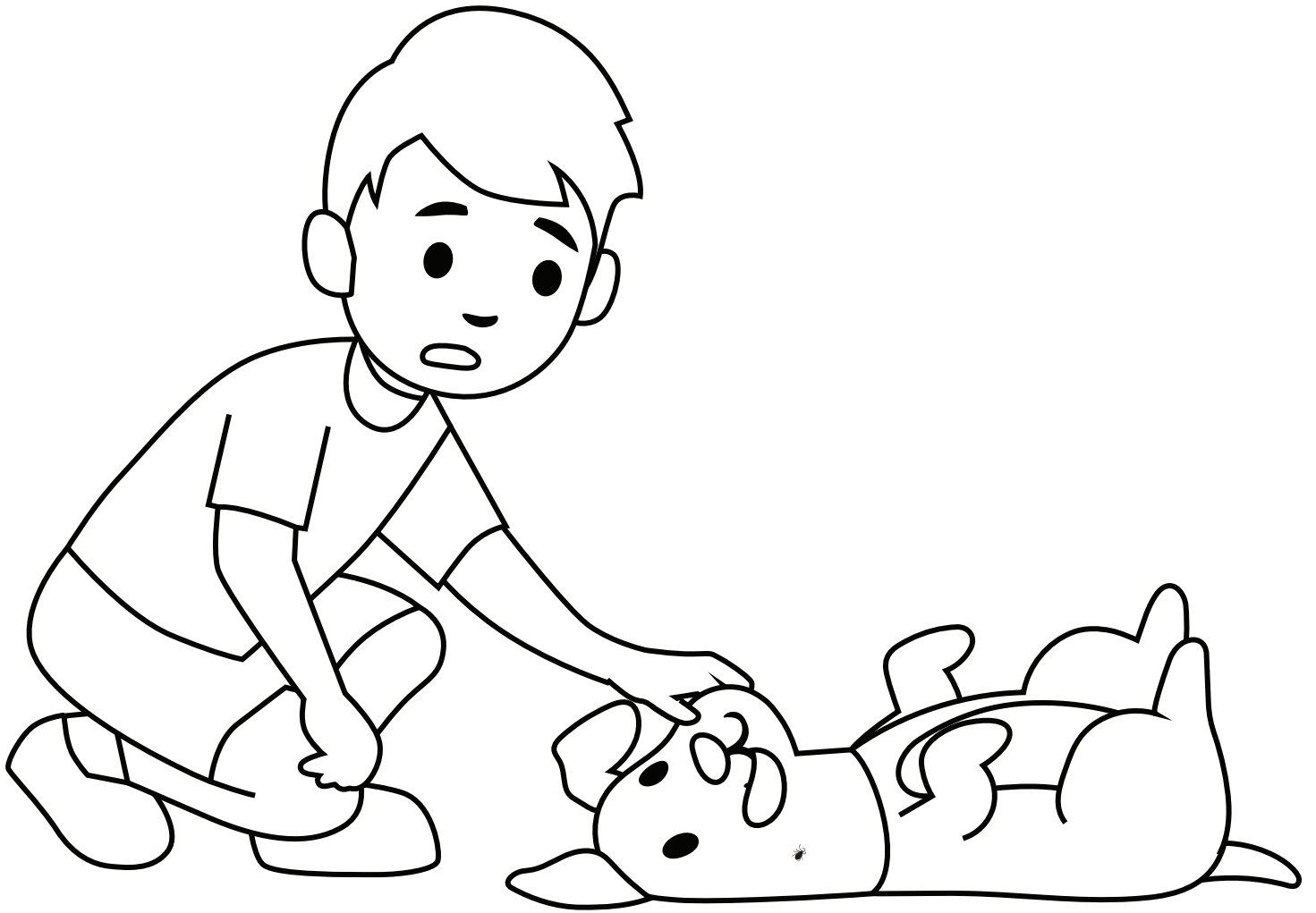
larvae  nymph

adult male   adult female

(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.

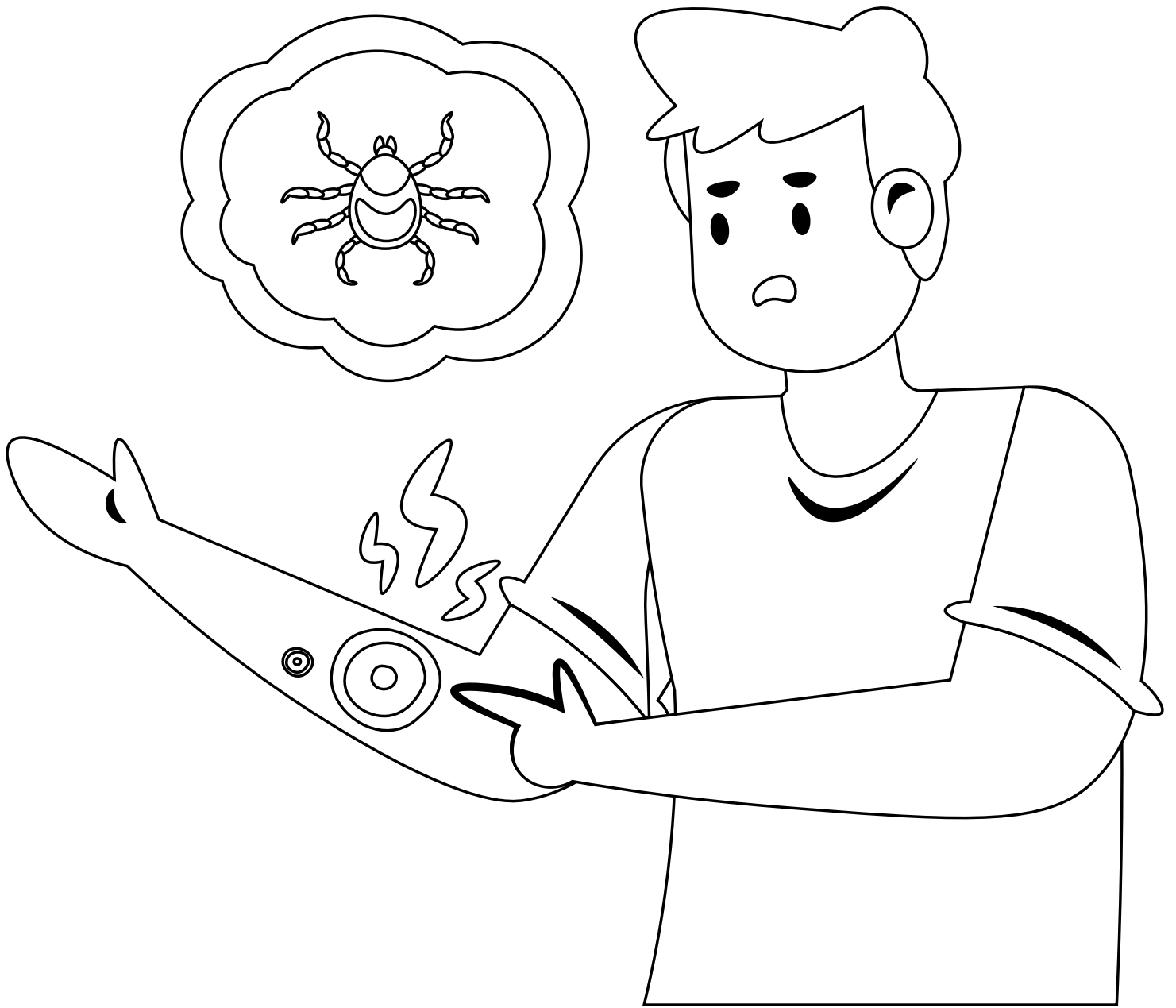
Do not handle the tick.

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, then wash the infected areas with a skin disinfectant.

**DO NOT** smear Vaseline, nail polish, kerosene, or other materials on the tick to remove it. Also flames or matches are not recommended.





After a tick bite, you may sometimes get a rash.





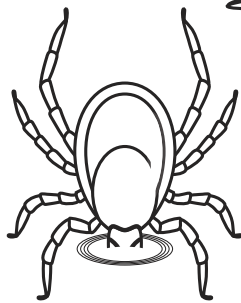
Your doctor may take some blood to do some tests to help diagnose Rocky Mountain Spotted Fever.



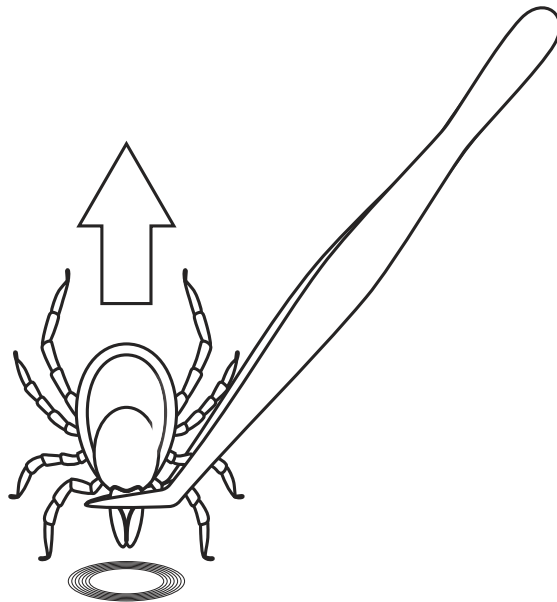
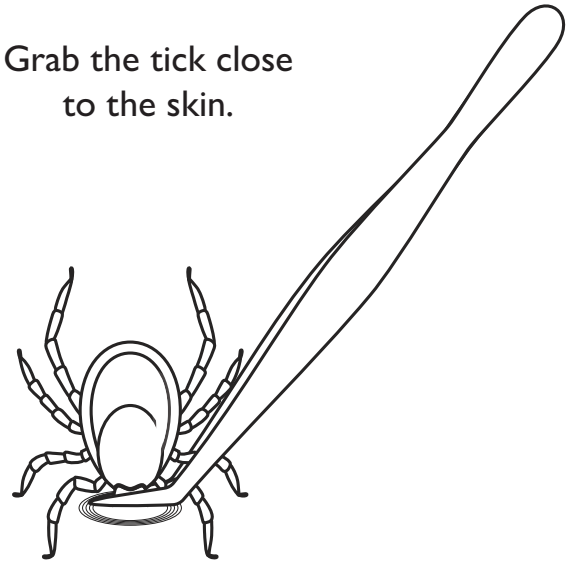




Use tweezers to remove ticks when possible.



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.



## KEEP TICKS OFF YOU AND YOUR FAMILY:

Check for ticks daily. Here's how:

- In and around the hair
- Under the arms
- Between the legs
- In and around the ears
- Inside the belly button
- Back of the knees

If you find a tick, remove it as soon as possible.  
Kids, ask an adult for help!



## KEEP TICKS OFF YOUR DOGS:

- Dogs can be bitten by ticks and bring ticks into your home or yard. They can also get sick from RMSF.
- Check your dogs for ticks regularly. Ticks hide in dogs' ears, armpits and between their toes. If you find ticks, remove them just like you do for humans.

## TO HELP PREVENT TICKS FROM BITING YOUR DOGS:

- Use tick control products such as collars, shampoos or spot-on treatments containing a tick-killing medicine. Reapply tick treatments according to the product label.
- Not all products are safe for puppies or cats. Be sure to read the label carefully. Talk to your animal control office or veterinarian if you have questions about tick control on pets.

## KEEP TICKS OFF YOUR DOGS:

- Keep grass mowed and yards free of debris, such as mattresses or couches, where ticks may hide.
- Spray your yard with pesticides that kill ticks. Some products can be applied by anyone, but others require a professional pest control service.

## WHAT ARE THE SYMPTOMS OF RMSF?

Symptoms may include:

- Fever
- Headache
- Muscle aches
- Cough
- Shortness of breath
- Nausea/vomiting
- Stomach pain
- Rash (*may not occur in all patients*)

RMSF usually starts within 2-14 days of being bitten by an infected tick. Never wait for a rash to develop before seeing your doctor.

## CAN RMSF BE TREATED?

RMSF can be treated with antibiotics, but treatment is most effective if started soon after symptoms begin. See your doctor right away if you think you may have RMSF.

## HOW CAN I PROTECT MYSELF AND MY FAMILY FROM RMSF?

No vaccine or medicine can prevent RMSF. Protect yourself, your family, and your pets from RMSF by preventing tick bites.

Use insect repellent containing 20-30% DEET when outside. Always follow product instructions.

Shower or bathe as soon as possible after spending time with dogs or in areas where ticks may live.



## WHAT IS ROCKY MOUNTAIN SPOTTED FEVER (RMSF)?

Rocky Mountain spotted fever (RMSF) is an illness spread through the bite of an infected tick. If not treated early, RMSF can be very serious and even deadly.

RMSF cases have recently become more common in the Choctaw Nation and various regions of the United States. The American Dog Tick and Brown Dog Tick are believed to carry RMSF most prevalently within the Choctaw Nation.

Brown dog ticks like to feed on dogs. Wherever dogs are or have been, ticks may be found.

## WHO IS AT RISK FOR RMSF?

Anyone who lives or spends time in areas with ticks or dogs is at risk for RMSF. These ticks often feed on dogs, so spending time with dogs that have ticks may put you at risk. Ticks can be very small, and tick bites are often painless.

You may not even know you have been bitten.



# Choctaw Nation

Public Health

## REMEMBER

ROCKY MOUNTAIN SPOTTED FEVER  
CAN BE VERY SERIOUS AND EVEN  
DEADLY IF NOT TREATED EARLY.

To Prevent RMSF:

- Check for ticks daily
- Treat your dogs to prevent ticks
- Use insect repellent containing 20-30% DEET when outside
- Treat your home and yard for ticks

*If you get a fever or rash within two weeks of being around ticks, see your doctor immediately.*

Scan the QR code  
for more information



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