

# Lyme disease Program

## Grades 3-5

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Kids can learn to **Be Tick Smart** and take three steps to prevent Lyme disease: Repel, Inspect, Remove. This program is designed to teach children in grades 3-5 basic information about ticks and their habitats, the tick life cycle and how the bacteria that causes Lyme disease is passed from a tick to a person.

Children learn to identify tick habitats, and to avoid those tall grassy areas during the months when the ticks are active. The program focuses on three actions that will help to reduce the risk of tick bites:

- Repel – Use tick repellent before going outside.
- Inspect – do a tick check when you return inside and take a shower.
- Remove – if you find a tick, remove it properly by pulling it straight out of the skin with tweezers.

This program includes four parts:

1. The Teacher's Guide contains background information for teachers to read prior to presenting to students.
2. A PowerPoint Presentation with script notes is included.
3. A list of Goals and Objectives related to the Vermont Health Education Guidelines for Curriculum and Assessment (2010).
4. Educational Activities.

Please contact Shari Levine at the Vermont Department of Health with any questions. Email [shari.levine@state.vt.us](mailto:shari.levine@state.vt.us) or call (802) 951-0132 during regular business hours.