



Tick-  
borne  
diseases

# BE TICK-FREE!

## POSTER COMPETITION FOR SCHOOL CHILDREN (age(s)/grade(s))

The **(national authority)** is launching a poster competition to promote awareness about ticks and tick-borne diseases among school children **(age(s)/grade(s))**.

If you would like to take part in the competition you will have to inform your (school/teacher) since the competition will have to take part in your school. All the information about the competition will be available here **(web-site of national authority)**. The deadline of the competition is **(date)**.

- ✓ You should be a student of **(grade(s))**
- ✓ You should live in **(area/country)**
- ✓ You should make a poster that gives information on ticks and how to be tick free
- ✓ You can use crayons, pencil colour, water colour, collage, etc.
- ✓ You can use any size of paper but A3 is preferred
- ✓ You can write a slogan or a caption

## WHAT IS A TICK?

### TICKS ARE SMALL, INSECT-LIKE CREATURES

Normally, they bite wild animals and suck their blood, but they can bite humans and your pets too.

Once they bite you they usually stay on your body for a few days. A tick-bite will only itch a bit, but some ticks can carry diseases that can be passed on to you. That is why it is still very important to try to avoid being bitten by ticks.

You should also check yourself and your clothes for ticks after you have been outside, because the tick needs to be removed as quickly as possible so you can avoid getting the tick's disease.

