

Information campaign EAA for World Health Day April 7th 2014

„Pass the information“

to 5 friends,

in 10 days it gets to

10 million

Alert your friends and family





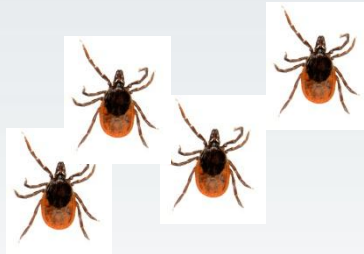
Small creatures

big threat!





**Similar to small spiders,
patiently waiting for their
host – animal or human –
so they can suck their
blood**



**If you never go out
from your house or
apartment**

**DO NOT READ
FURTHER**



Did you know, that ticks....

- can wander over your body **for several hours** before attachment?
- can survive without food (blood) for **more than a year**?



Test your knowledge about ticks

- at first, a slide with question appears on the screen
- correct answer can be found on the following slide

**For each correct answer you get
1 point**

PREPARE paper and pencil

LET'S GET STARTED



**Which tick is bigger?
The male or the female?**



Which tick is bigger?
The male or **the female**?



correct answer **1point**

**Do you know what ticks feed
on?**

- a) blood**
- b) aphids**

Do you know what ticks feed on?

a) blood

b)aphids

Tick bites into the skin and sucks the blood of animals and humans

correct answer **1point**



**Tick transmits the disease,
after which you can end up**

A) blind

B) paralyzed

**Tick transmits the disease, after
which you can end up**

a) blind

b) paralyzed

**- transmits tick-borne
encephalitis and Lyme disease**

correct answer **1point**



Viruses and bacteria enter the body by

- a) inhalation of the tick**
- b) wound when tick bites
into the skin**

Viruses and bacteria enter the body by

a) inhalation of the tick

b) wound when tick bites into the skin

correct answer **1point**



**What is the name of disease
carried by ticks in the Czech
Republic?**

tick-borne

disease

encephalitis

Lyme

What is the name of disease carried by ticks in the Czech Republic?

tick-borne

disease

encephalitis

Lyme

correct answer 1point

Ticks like to lurk in

a) long grass, shade, broad-leaved forest

b) pine needles, in the sun and under stones

Ticks like to lurk in

a) long grass, shade, broad-leaved forest

b) pine needles, in the sun and under stones

correct answer **1point**



Dou you know, how to protect from ticks? Remember 1), 2), 3)



1. Use insect repellent



2. Wear appropriate clothes

**Long sleeved shirt,
long trousers inside
socks.**



3. Do not go into the long grass.

Ticks like sitting on the tips of grass or bushes. Better neither sit nor lie down on the ground.

Walk in the centre of the trail.

Do you know, how to protect from ticks?

Write down according to the previous slide:

1. repellents
2. appropriate clothing
3. don't sit or lay in long grass

correct answer 1 point



What to do when you have tick bites?

Prompt and proper removal of ticks



4. Check your body

When you get home, look all over the entire body. Repeat in the morning.



5. Remove the tick

If you find a tick, ask your parents or another adult to remove it with tweezers.



6. Disinfect the bite site

After removing a tick you need to disinfect the wound.

How to remove a tick



- **Remove it as soon as possible!** If it breaks, the body can cope with mandibles like a chip.

- **Do not apply any substances** to the tick

- use tweezers and grab a tick as near as possible to your skin.



- **Wobble a tick gently! Do not pull or twist**

a tick otherwise it starts to choke more fluids with viruses from a digestive tract into the bite.



- **Hold the removed tick with tweezers**

- wrap it into the paper and burn on a fireproof pad
- wash your hands with soap and warm water
- disinfect the bite site

Which body parts do ticks like the most?

a) armpits, groin, under the knees

b) palms, feet and under the nails

Which body parts do ticks like the most?

a) armpits, groin, under the knees

b) palms, feet and under the nails

But they can suck anywhere on the body, usually in child's hair

correct answer 1 point



What is the best way to prevent from the tick-borne encephalitis?

- a) rubbing your skin with sliced onions**
- b) vaccination**

What is the best way to prevent from the tick-borne encephalitis?

a) rubbing your skin with sliced onions

b) vaccination

correct answer 1 point



If you have been bitten by tick,
what symptoms should warn you
that something is wrong?

Select:

fever, fatigue, headache,
jaundice, joint pain, hair loss,
nausea, skin rash with fading

**If you have been bitten by tick,
what symptoms should warn you
that something is wrong?**



**fever, fatigue, headache,
jaundice, joint pain, hair loss,
nausea, skin rash with fading**

correct answer 1 point

Results

- **8 – 9 points:** Ticks won't dare to get you.
- **6 – 7 points:** Rather add a raw onion into the salad. Vaccination is the way to fight with encephalitis.
- **4 – 5 points:** Still problem with identifying a gender?
- **1 – 3 points:** Better stay at home! You don't recognize a tick even if it rings the bell at your doorstep.

For **World Health Day 7th April 2014** prepared

National Institute of Public Health

<http://www.szu.cz/>

Centre for Public Health Promotion

<http://www.szu.cz/centrum-podpory-verejneho-zdravi-1>

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For more information about tick-borne encephalitis and Lyme
disease

<http://www.szu.cz/centrum-epidemiologie-a-mikrobiologie-2>

