**Att. 5: Resources to Learn About Tick- & Mosquito-borne Diseases**

To learn more about ticks and tick-borne diseases visit the links below:

* How to prevent a tick bite
  + <https://www.cdc.gov/ticks/avoid/index.html>
  + <https://www.cdc.gov/lyme/resources/toolkit/Final_LymeDiseaseCrossword_apr2010.pdf>
* Learn about what diseases are spread by ticks and what conditions are connected to tick bites
  + <https://www.cdc.gov/ticks/diseases/index.html>
  + <https://www.cdc.gov/ticks/alpha-gal/index.html>
* How to recognize a tick bite and when to seek medical attention
  + <https://www.cdc.gov/ticks/symptoms.html>
* Learn how to remove a tick
  + <https://www.cdc.gov/ticks/removing_a_tick.html>
* Learn what ticks live in your state
  + <https://www.cdc.gov/ticks/geographic_distribution.html>
* How to help your child learn about ticks and tick bites
  + <https://www.cdc.gov/ticks/resources/DontletTicksbitemeComicGenericFS_508.pdf>

To learn more about mosquitoes and mosquito-borne diseases visit the links below:

* How to prevent a mosquito bite
  + <https://www.cdc.gov/mosquitoes/mosquito-bites/prevent-mosquito-bites.html>
  + <https://www.cdc.gov/mosquitoes/pdfs/MosquitoBitePreventionUS_508.pdf>
* How to recognize a mosquito bite and when to seek medical attention
  + <https://www.cdc.gov/mosquitoes/mosquito-bites/symptoms.html>
* Learn what mosquitos are and where they live
  + <https://www.cdc.gov/mosquitoes/about/index.html>
* How to help your child learn about mosquitoes and mosquito bites
  + <https://www.cdc.gov/mosquitoes/pdfs/zika-activity-book-us.pdf>