

Protecting against tick bites to prevent Lyme disease

A reminder about prevention and protection measures from the Department of Public Health for the Laurentians

Saint-Jérôme, June 9, 2022 – With summer on our doorsteps, the Department of Public Health of the Centre intégré de santé et de services sociaux des Laurentides is urging members of the public to protect themselves against tick bites, as these can cause Lyme disease. Certain areas in the south of the Laurentians are particularly at risk as infected ticks have been found there.

How to protect oneself

The best way not to contract Lyme disease is to avoid tick bites during outdoor activities. Ticks do not jump nor do they fly, but they can cling to you or to your pet whenever you are in contact with plants e.g. in a garden or yard, or while walking through a forest, wood or tall grass.

To avoid tick bites :

- Preferably walk on a path and avoid tall grass;
- Use an insect repellent on the exposed parts of your body, except your face;
- Wear a hat, closed shoes, long-sleeves and ankle-length pants;
- Tuck your shirt into your pants;
- Tuck your pant legs into your socks or boots;
- Wear light-coloured clothes when you go for a walk. Light coloured clothing makes ticks more visible.

To learn more about identifying ticks, see the [Guide d'identification des tiques au Québec](#).

What to do in case of a bite

In case of a bite, remove the tick as soon as possible. Use a tick remover or a pair of tweezers, such as eyebrow tweezers. Avoid using your fingers or nails. The longer a tick stays embedded, the greater the risk of contracting Lyme disease. The risk of the tick being infected depends on the type of tick and the region where it is found.

To learn how to remove an embedded tick from your skin, see the [advice and steps to follow](#).

Call 811 for Info-Santé or consult a doctor for any of the following situations :

- Redness measuring 5cm or more in diameter;
- Redness that persists after 48 hours;
- You think you have one or more symptoms of Lyme disease in the days, weeks or months following an outdoor activity that may have exposed you to ticks.

Preventive treatment for Lyme disease

If you have been bitten by a tick in certain areas of the south of the region, a doctor or pharmacist may, after examining you, prescribe antibiotics as a preventive measure. The following municipalities are of particular concern: Deux-Montagnes, Mirabel, Oka, Pointe-Calumet, Saint-Eustache, Saint-Joseph-du-Lac, Saint-Placide, Sainte-Marthe-sur-le-Lac, as well as the territory of the Kanasatake community.

To find all the information about Lyme disease, visit quebec.ca/en/health/health-issues/a-z/lyme-disease