

# TICKS AND LYME DISEASE



Advice for parents, daycares,  
schools, daycamps  
and vacation camps



Climate change is contributing to an increase in diseases transmitted by ticks in Québec, since the warmer temperature are allowing them to move further north and east in the province. Lyme disease is now present in close to [50 municipalities](#) in the Laurentians. Warmer and longer summers, and milder winters, are allowing ticks to be active over longer periods, before the frost sets in. The risk of being bitten is highest between the months of May and September, but bites can occur from March to November.

## How Lyme disease is transmitted

The blacklegged tick, also called deer tick, is the only species that, if infected with the bacterium that causes Lyme disease, can transmit it to humans.

Ticks can attach to the skin of an adult or child, or to a pet, when they are in contact with vegetation in a forest or wooded area, with tall grass or with bushes, or with plants in a garden or landscaped area. The risk of becoming infected depends on the species of tick and the region where it's found.



Source : inesss.qc.ca | Outil d'aide au diagnostic/Maladie de Lyme aux stades localisés et disséminés

## How to protect yourself from ticks

Where you live, to prevent ticks from populating areas around your home :

- Regularly mow your lawn and remove leaves and debris.
- If your home is located in a wooded area, create a strip of straw, wood chips or gravel that separates the forest from areas of activity and play.

When you plan to be in an area likely to be populated by ticks :

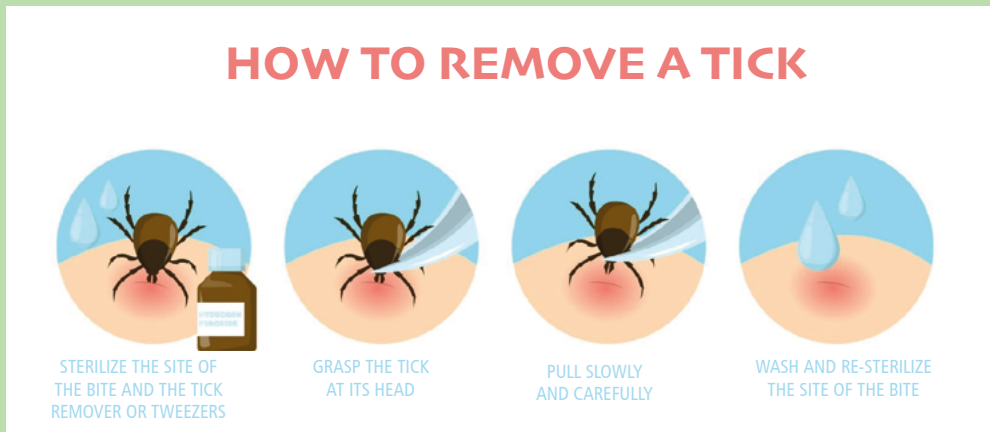
- Wear long, light coloured clothes, and cover up as much as possible (for example, by tucking the bottom of your pants into your socks).
- Use mosquito repellent with DEET or icaridin, following the [instructions for use](#).
- Stay on cleared trails.

## Important!

After an outdoor activity in an area likely to be populated by ticks, **take a shower or bath as soon as you return** to the house. This will remove ticks that have not attached to skin. Take the opportunity to carefully examine your skin, especially in less visible areas that could have been exposed : the groin, lower back, armpits, nape, behind the ears and knees.

## What to do if there's a tick on your skin

- Remove the tick as soon as possible. The risk of transmission of the disease is very low if the tick is removed within 24 hours. Use a tick remover or tweezers, placing it as close to the skin as possible. Avoid using your fingers or fingernails and do not press on the tick's abdomen. Here are the [recommendations and steps](#) to follow.
- Make sure there are no other bites or ticks on the skin. Place the tick in a container that closes tightly (for future examination by a doctor or professional).
- Note the date, place and time as well as the part of the body where the tick was found.
- You can consult [etick.ca](http://etick.ca) to determine if it is a blacklegged tick.
- Call Info-Santé at 811 : the nurse may recommend a consultation with a doctor or pharmacist to determine if an antibiotic is necessary to prevent the disease, depending on the sector in the Laurentians where the bite occurred.



Source : [vidya.shop/blog/sante/maladie-de-lyme-comment-enlever-la-tique](http://vidya.shop/blog/sante/maladie-de-lyme-comment-enlever-la-tique)

### Here are the symptoms to watch for in the 3 to 30 days following the tick bite :

- The most common symptom is redness around the site of the bite, with little or no pain/itchiness. The redness persists for at least 48 hours and quickly expands to a diameter of more than 5 centimetres. The redness may be in the form of a ring or bull's eye. Sometimes it's very pale and can have poorly defined edges.
- If you note redness at the site of the bite, measure its diameter. You can also draw a line along the contour of the redness with a pen and take a picture to check later to see if it has expanded.
- If the redness occurs within minutes or a few hours of the bite and disappears within 24 to 48 hours, it's very likely a reaction to the bite and not a sign of Lyme disease.
- Many people also present fatigue, fever and muscle aches.



Source: La Presse Canadienne/AP-Centers for disease control, James Gathany

### It is recommended that you call Info-Santé at 811 or consult a doctor if :

- The redness around the bite is 5 cm in diameter or more. The redness persists for more than 48 hours (within 3 to 30 days of the bite).
- You think you may have one or more symptoms of Lyme disease in the days, weeks or months following an outdoor activity in which you could have been exposed to ticks.

To learn more about Lyme disease, consult : [santelaurentides.gouv.qc.ca/sante-publique/maladies-infectieuses/maladie-de-lyme](http://santelaurentides.gouv.qc.ca/sante-publique/maladies-infectieuses/maladie-de-lyme)