

Protecting Children from Tick Bites

Tips for Enjoying Nature Safely



WHAT'S THE CONCERN?

Ticks are becoming increasingly common in certain green spaces in Montréal (tall grass, bushes, wooded areas). Some kinds of ticks can transmit Lyme disease.

Outdoor activities are excellent for children's health and development.

Good news!

Simple precautions can significantly reduce the risks associated with tick bites.

HOW CAN YOU PREVENT TICK BITES?

BEFORE OUTDOOR ACTIVITIES

- Wear clothing that covers the body (pants, long sleeves) and is light-coloured (to help spot ticks)
- Wear closed-toe shoes
- Wear a hat or cap
- Apply a **mosquito repellent**, following the instructions (based on the child's age)
- Bring a **tick remover** (available at pharmacies) or a pair of fine-tipped tweezers

DURING OUTDOOR ACTIVITIES

If your child has come into contact with tall grass or fallen leaves:

Be alert to:

- the presence of ticks on the skin or clothing
- whether your child is scratching or there is an insect or a small bump on their skin

Encourage your child to tell an adult if they find a tick—and under no circumstances to remove it on their own.

AFTER OUTDOOR ACTIVITIES (VERY IMPORTANT!)

Check the child's body: Arms, elbow creases and armpits, legs, behind the knees, neck, ears, hair

Other good habits for removing hidden ticks:

- Take a shower
- Change and wash clothes in hot water
- Put them in the dryer on high heat for at least 10 minutes
- Check bags, towels, blankets, stuffed animals and any other items used during the outing
- Check your pets regularly



MOSQUITO REPELLENTS: ARE THEY SAFE?

Mosquito repellent helps keep insects such as mosquitoes and ticks away. It is safe when used as recommended.

It is important to:

- follow the instructions for use (age, amount, frequency)
- avoid getting it on the hands, eyes and mouth
- have an adult apply the product for any young children

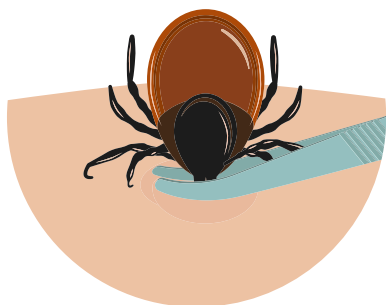
Mosquito repellents are not recommended for babies under 6 months of age.



IF YOU FIND A TICK

- **Remove it quickly with fine-tipped tweezers or a tick remover**, grasping it as close to the skin as possible.
- **AFTER** removing the tick, clean the skin with soap and water or a disinfectant.
- **Avoid:**
 - ✓ removing the tick with your fingers or fingernails
 - ✓ rotating or tilting the tweezers or tick remover
 - ✓ crushing or squeezing the tick
 - ✓ using products to remove it (e.g., petroleum jelly, oil, rubbing alcohol or nail polish)

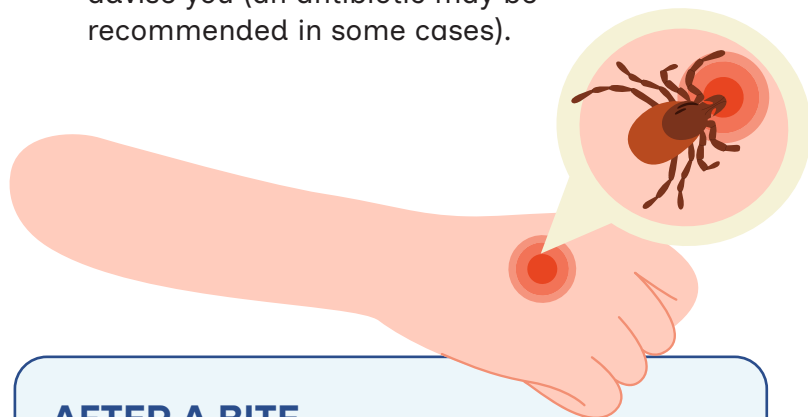
These actions may increase the risk of transmitting Lyme disease.



To view the steps for removing a tick, click this link:

[How to properly remove a tick – Canada.ca](https://www.canada.ca/en/health-canada/services/diseases/lyme-disease/removing-tick.html)

- Call **Info-Santé 811** or consult a **pharmacist**. They will be able to assess the situation and advise you (an antibiotic may be recommended in some cases).



AFTER A BITE

For **30** days, watch for the appearance of:

- redness that spreads around the site of the bite
- a fever or unusual fatigue
- any other unusual symptoms

If you experience any symptoms:
call Info-Santé 811

KEY TAKEAWAYS

- Contact with nature is essential to children's well-being.
- Ticks may be present in some parks and green spaces in the Montréal area.
- Preventive measures are simple and effective:
 - ✓ Opt for light-coloured clothing that covers the body
 - ✓ Use a mosquito repellent as directed
 - ✓ Check your body, personal belongings and pets after every outing
- Prompt removal of the tick = a reduced risk of Lyme disease.

