

Ticks: Tips for Protecting Children and Youth

Guide for school staff, day camp staff, and staff at educational childcare facilities and community drop-in daycare centres in Montréal – **Prevention tips**



BEFORE outings

DURING outings

AFTER outings

☐ Communicate with parents and encourage the following:

- Clothing that covers the body: pants and long sleeves, socks, closed-toe shoes, and a hat or cap
- Light-coloured clothing to better spot ticks
- Provision of insect repellent (mosquito repellent)



☐ Plan activities:

- Bring picnic blankets or floor mats to sit on the grass
- Include a tick remover or a pair of fine-tipped tweezers in your emergency kit



☐ Raise awareness among children and youth:

- Encourage them to tell an adult if they find a tick on their skin and under no circumstances to remove it on their own

☐ If your facility has a green space, whenever possible:

- Keep the grass short
- Rake up fallen leaves



Explaining tick bites to children: [How to avoid ticks and prevent tick bites](#)



☐ Use insect repellent (mosquito repellent):

- Choose DEET- or icaridin-based products, following the [recommendations](#) based on age, frequency of application, and the manufacturer's instructions

Key takeaways:

- Avoid getting the product on the hands, eyes, and mouth
- Have an adult apply the product for any young children
- The use of insect repellents is not recommended for infants under 6 months of age

☐ Stay alert in high-risk areas

When engaging in activities in tall grass, fallen leaves, or a wooded area, watch out for:

- The presence of ticks on the skin or clothing
- Children who are scratching or who report an insect or a small bump on their skin



Insect repellent is safe to use as long as the recommendations and instructions for use are followed.

[Click here to view the recommendations](#)



☐ Have everyone check their body for ticks:

- Arms, elbow creases and armpits
- Legs, behind the knees
- Neck, behind the ears, scalp
- For younger children: supervise or help with checking



☐ Have everyone check their gear and personal belongings:

Clothing, stuffed animals, backpacks, picnic blankets, beach towels, and other outdoor gear, since ticks can sometimes latch onto them



☐ Communicate with parents and encourage them to:

- Change their child's clothes, wash them in hot water, then dry them in the dryer on high heat for at least 10 minutes
- Check their child's personal belongings: backpack, towel, stuffed animal, etc.
- Give their child a shower or bath as soon as they get home and check for ticks



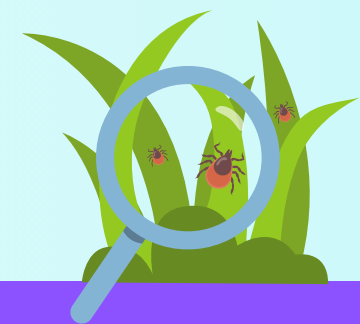
Checking for ticks after an outdoor activity is the most effective preventive measure.

The risk of Lyme disease transmission is very low if the tick is removed within 24 hours.

For more information, visit: <https://santepubliquemontreal.ca/conseils-et-prevention/conseils/maladie-de-lyme> (in French)

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What should you do if a tick is attached to a child's skin?

☐ In the event of a bite, [safely remove the tick as soon as possible](#):

1. Inform the parents
2. Grasp the tick using a tick remover or fine-tipped tweezers, as close to the skin as possible
3. Gently pull the tick out in one continuous motion
4. Place the tick in an airtight container. Indicate where the bite was and the date the tick was removed
5. AFTER removing the tick, clean the skin with soap and water or an alcohol-based hand sanitizer, then wash your hands
6. Notify the parents and give them the removed tick



☐ **Encourage parents to call Info-Santé 811 or consult a pharmacist:**

These healthcare professionals will assess the situation and recommend a medical consultation if necessary. Depending on the case, an antibiotic may be prescribed as a preventive measure.

When removing a tick, you should **AVOID**:

- Removing the tick with your fingers or fingernails
- Rotating or tilting the tweezers
- Crushing or squeezing the tick's abdomen
- Using products to remove it (e.g., petroleum jelly, oil, rubbing alcohol or nail polish)

These actions may increase the risk of transmitting the bacteria that causes Lyme disease.

To view the steps for removing a tick, click here: [How to properly remove a tick – Canada.ca](#)



After a tick bite

In the month following the bite, watch for the following and notify the parents if any appear:

- A round, red patch that spreads around the site of the bite
- Symptoms such as fever, unusual fatigue, or any other concerning symptoms



Links and resources:

Preventing tick bites

- [Lyme disease – Advice and prevention \(in French\)](#)
- [Toolkit for municipalities: prevention of tick-borne illnesses | Institut national de santé publique du Québec \(in French\)](#)
- [About Lyme disease and other tick-borne illnesses | Gouvernement du Québec](#)
- Training: [Tick prevention tactics: measures to prevent Lyme disease in the workplace | Institut national de santé publique du Québec \(in French\)](#)

Printable resources

- [Tick bite information sheet and letter to parents \(in French\)](#)
- [Tools for raising awareness and preventing Lyme disease in the workplace | Institut national de santé publique du Québec \(in French\)](#)

Use of insect repellents (Mosquito repellents)

- [Authorization form for applying insect repellent in educational childcare facilities \(in French\)](#)
- [Instructions for using mosquito repellent | Gouvernement du Québec](#)
- [Regulated protocol for the use of insect repellent in educational childcare facilities \(in French\)](#)

If you find tick bites

- [Removing a tick after a bite | Gouvernement du Québec](#)
- [How to properly remove a tick – Canada.ca](#)

Explaining tick bites to children:

- [How to avoid ticks and prevent tick bites](#)