

Before a tick bites you...



Protect yourself!

Some ticks can transmit several diseases. Lyme disease is transmitted by blacklegged ticks carrying a bacteria. Ticks are between 1 and 3 mm across before they feed on blood. Lyme disease usually starts 3 to 30 days after the bite and includes symptoms such as a rash on the skin that spreads and lasts at least 2 days. It can also cause fever, headaches, fatigue, and muscle aches. Other symptoms may appear days or months later, such as additional rashes, joint swelling, or facial paralysis. Early treatment usually cures the disease.

Ticks especially live in forests, wooded areas, piles of dead leaves, shrubs and tall grass. We might find them everywhere in Québec.

1 to 3 mm



Before meals



After meals



Real size

To protect yourself from tick bites during your outdoor activities:

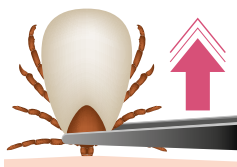
- preferably walk on trails and avoid tall grass;
- use a DEET-based or icaridin-based mosquito repellent on the exposed parts of your body, avoiding your face;
- wear light-coloured long clothing, a hat and closed shoes;
- tuck your pant legs into your socks and your shirt into your pants.

When you return from an outdoor activity near tall grass or in a wooded area:

- take a bath or a shower within 2 hours and carefully inspect your entire body and your children's bodies. Also examine your pets, your clothing and your equipment before entering the home. Wash the clothing and equipment or put them in the dryer as needed;
- carefully remove any tick that is still clinging to your skin as soon as possible (within 24 hours after the bite) to reduce the risk of bacterial transmission.

Steps for removing a tick from the skin:

1. Grasp the tick with tweezers or a tick remover as close as possible to the skin. It is important not to squeeze the tick's abdomen.
2. Pull the tick gently and continuously, without turning it or crushing it. If you use a tick remover, follow the manufacturer's instructions. If you can't remove the tick's head, leave it in place; the skin will heal.
3. Clean your skin with soap and water and wash your hands thoroughly.
4. Keep the tick in a tightly sealed container. Record the date and the place you were when you were bitten and the location of the bite on your body.



If you were bitten by a tick in certain high-risk areas in Québec, a preventive antibiotic may be available. If needed, contact Info-Santé 811.

If you experience Lyme disease symptoms after being exposed to ticks, call **Info-Santé 811** or see a doctor and bring the tick with you.

To find out about the symptoms of Lyme disease, the regions at risk or to receive other advice, go to:

[Québec.ca/lyme](https://quebec.ca/lyme)

