



# Information

## Diseases transmitted by ticks

Direction de santé publique de la Montérégie  
October 2025

### To parents and the personnel in your organization

In the fall, many outdoor activities continue in schools and among families. The Department of public health (*la Direction de santé publique*) would like to remind you that tick borne diseases (Lyme disease and anaplasmosis) are present in our region.

#### How are Lyme disease and anaplasmosis transmitted?

- The bacteria responsible for these two diseases are transmitted through the bite of an infected tick.
- Climate change plays a role in the spread of infections transmitted by ticks. Ticks are active for longer periods because summers are longer and hotter and winters are warmer.
- The risk of being bitten is higher between May and September. It is possible to get a tick bite as soon as the temperature goes above 4 degrees Celsius.
- Ticks can attach to a person or a pet. Contact with ticks can happen in forests, wooded areas, high grass and bushes but also in gardens and flowerbeds. The chances of being bitten by a tick while gardening are significant.

#### How to protect against ticks?

- To enjoy the benefits of outdoor activities, you must protect yourself against tick bites. Consider the following recommendations:
  - Wear long, light-coloured clothing so ticks are easier to see. Wear closed shoes, socks and a hat;
  - Apply insect repellent with DEET or Icaridine and follow product instructions. Stay on pathways.
- To avoid having ticks near the house:
  - Mow your lawn around the house frequently;
  - Pick up leaves and debris;
  - Create a strip of mulch or gravel to separate play areas and wooded areas.
- Protect your pets. Consult your veterinarian for advice.

## Information – Lyme disease

For parents and personnel



### What to do after an outdoor activity?

- Take a shower or bath as soon as you return home.
- Change clothing following the activity if possible.
- Check your whole body, your children's and your pet. Removing a tick within 24 hours of being bitten, lowers the risk of infection.

### What to do if a tick is found on your body?

- Remove the tick as quickly as possible.
- Call Info-Santé at 811 if you have been bitten. You may need to consult a pharmacist or a doctor to get a prescription for medication to prevent Lyme disease.

### What are the symptoms of diseases transmitted by ticks and what to do if they appear?

- For Lyme disease:
  - A rash of at least 5 centimeters on the skin around the bite, fever, headache and or fatigue can appear within the 30 days following a tick bite or a high-risk activity. Problems with other organs or parts of the body may also appear within a year.
- For anaplasmosis:
  - A persistent fever and significant fatigue, headache, muscle or joint pain can appear within 30 days following a tick bite or a high-risk activity.
- Consult a doctor if symptoms of a disease transmitted by ticks appear following a tick bite or a high-risk activity. There are medications for treating Lyme disease and anaplasmosis.

For further information

Consult the information on the Direction de santé publique de la Montérégie website at [www.maladiedelymemonteregie.com](http://www.maladiedelymemonteregie.com).

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