



June 6, 2018

To all parents, professors, childcare givers and school staff

Subject : Lyme disease – Information

Hello,

With summer on the horizon, it's time to benefit the most of outdoor activities. Nevertheless, this is to remind you that Lyme disease is quite prevalent in Montérégie.

Lyme disease is transmitted through the bite of an infected tick. The risk of getting bitten is high during spring through the fall. Children and adults performing outdoor activities as hiking, biking, camping or other activities in the forest, in the woods as well as in tall grass areas, are at higher risk to be exposed to ticks.

In order to benefit the most of outdoor physical activity, here are simple measures to protect yourselves and your children from acquiring Lyme disease in tick infested areas:

- Wear long pants if possible, closed footwear and socks.
- Apply a DEET or Icaridine based insect repellent, following the instructions on the product label.
- Shower and change your clothes as soon as you get home.
- Look for ticks on your skin and that of your child. Remove any ticks you find as quickly as possible. The risk of contracting Lyme disease is minimal if the tick is removed within less than 24 hours of exposure.
- Call Info-santé at 8-1-1 if you or your child got bitten by a tick. A medical assessment might be recommended in order to determine whether an antibiotic is needed to prevent the development of Lyme disease.
- Seek medical attention promptly if you develop any symptoms (localized skin redness of 5 cm or more in diameter, fever, headache, tiredness) within 30 days of a tick bite. Lyme disease can be successfully treated with antibiotics.

Further information about Lyme disease can be found in the enclosed leaflet. In addition, the Montérégie public health website www.maladiedelymeMonteregie.com provides answers to your frequently asked questions. Where are the high risk areas (map)? How can you protect yourself? What to do if bitten by a tick? What are the symptoms to look for ?

Enjoy your summer and happy end of the school year!

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