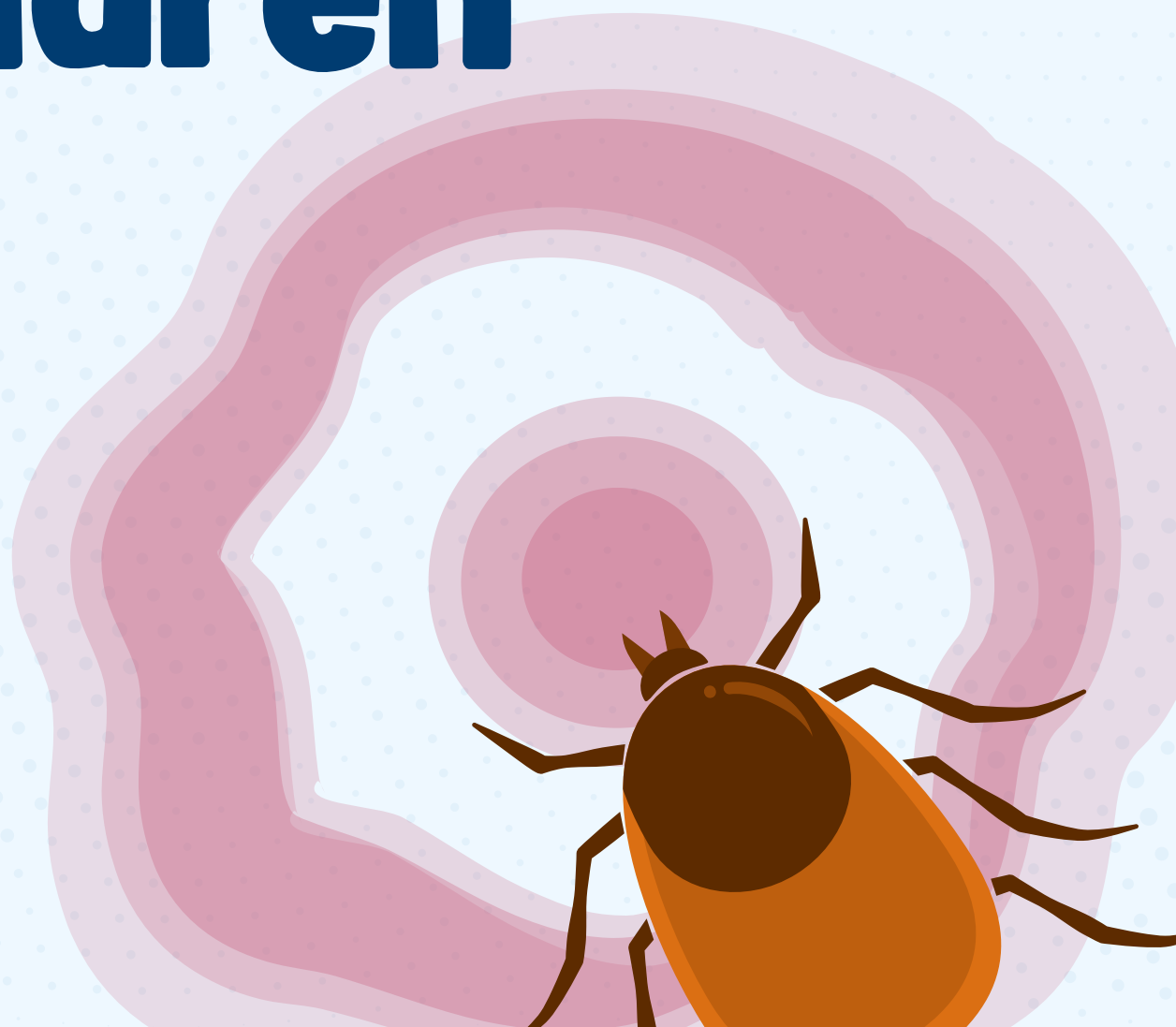




PEDIATRIC EM SECTION

tick bites & lyme disease in children



What to know about ticks in Canada...

Ticks live in and near areas with trees, shrubs, tall grass, piles of leaves.

Blacklegged (deer) ticks are established in Nova Scotia, New Brunswick, Quebec, Ontario, and Manitoba.

Ticks are active any time the temperature is above 4°C.

There are many types of ticks in Canada.

Blacklegged ticks can carry Lyme disease and other viruses and bacteria.



Prevention

- Children 5–15 years old are more likely to encounter ticks depending on how they play outdoors.
- Children are less likely to find ticks on themselves or remove them.

WHEN SPENDING TIME OUTDOORS:



Wear long sleeves,
pants, socks and
closed toed shoes.



Use insect repellent
containing DEET or
Icaridin.



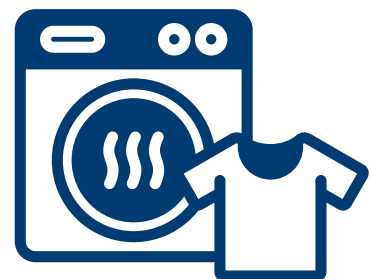
Check everywhere
for ticks once inside.



Ticks are easily missed
behind ears, in the
groin or bellybutton,
and between toes!



Check pets for ticks.



Put clothes in dryer
on high heat for 10
minutes.



What if I find a tick on my child?

1

REMOVE

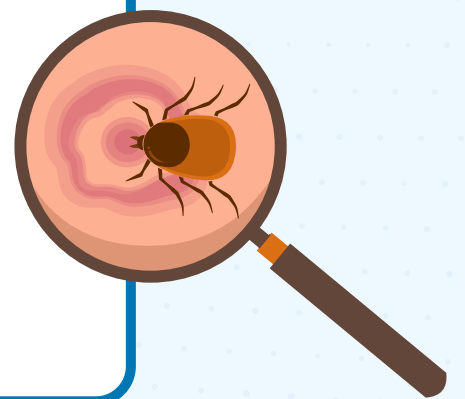
- Use fine tipped tweezers
- Grab tick close to skin
- Pull straight up firmly and slowly



2

ASSESS

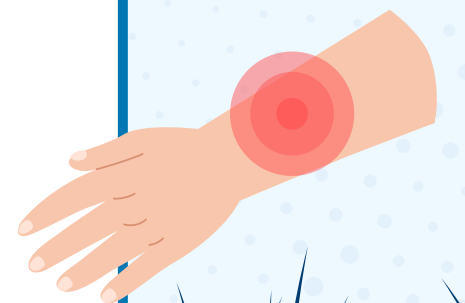
- Identify tick at etick.ca
- If deer tick is attached longer than 24 hours or appears engorged, a dose of antibiotics may be needed to prevent Lyme disease



3

MONITOR

- Early Lyme develops 7–10 days after a bite.
- Seek medical care if your child develops an expanding rash, fever, headache, or malaise.



What are the symptoms of early lyme disease?

EARLY LYME DISEASE (1–3 WEEKS AFTER BITE):

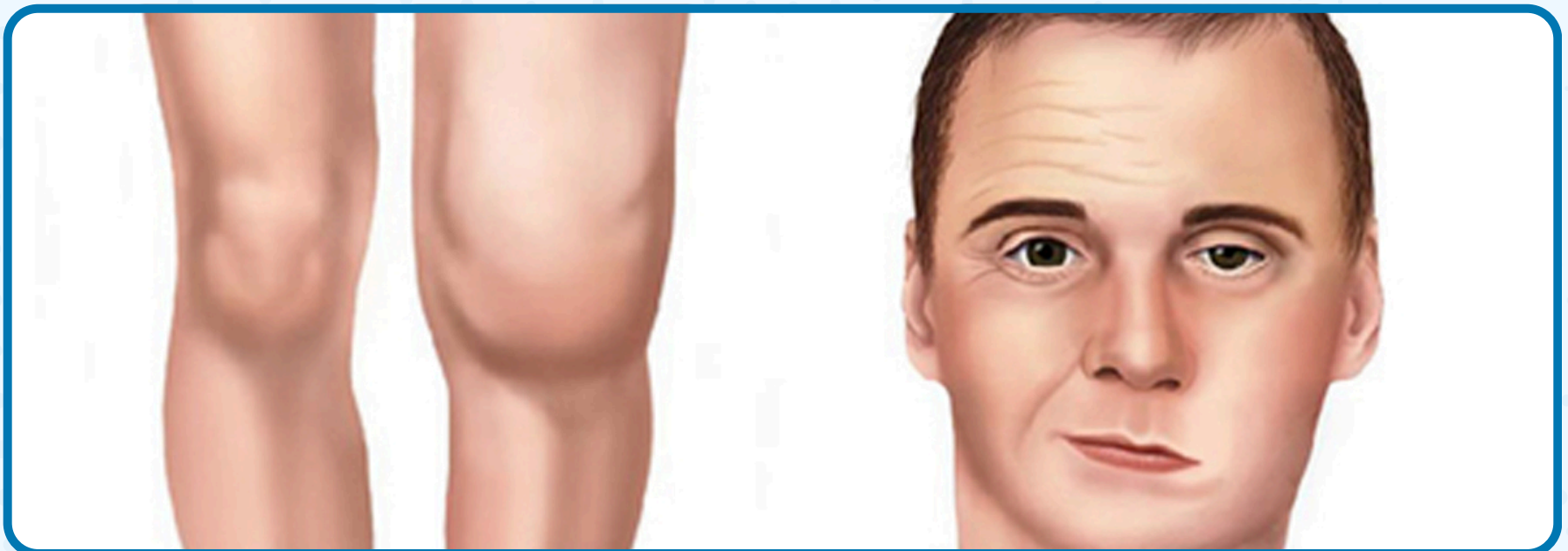
- Bull's eye rash expands to 5–10 cm or larger
- Can be a single spot or many different spots on the body
- Treated with 2 weeks of antibiotics



What are the symptoms of late lyme disease?

LATE LYME DISEASE CAN OCCUR WEEKS TO MONTHS AFTER A TICK BITE WITH A VARIETY OF SYMPTOMS:

- A painful and swollen joint (arthritis).
- Drooping of one side of the face (facial nerve palsy).
- Heart palpitations or abnormal heart beat (myositis).
- Sore, stiff neck and headache (meningitis).
- Each requires longer time on antibiotics and close follow-up.
- Many people do not recall a tick bite prior to developing Lyme disease.



Resources

Government of Canada



Government
of Canada

Gouvernement
du Canada

- Lyme disease symptoms and treatment
- Awareness resources

[Canada.ca](#) > [Health](#) > [Diseases and conditions](#) > [Ticks and tick-borne diseases](#)

Lyme disease: Symptoms and treatment

Symptoms and treatment

[Spread, prevention and risks](#)

[How to remove a tick](#)

[Monitoring](#)

[For health professionals](#)

[Awareness resources](#)

eTick and TickTOOL



- [etick.ca](#)
- [ticktool.etick.ca](#)

