

Direction de santé publique

September 27, 2018

RE: Preventing Lyme disease: simple precautions can make a difference!

Dear Sir or Madam,

You probably heard about it this summer. Ticks, which can transmit Lyme disease, are increasingly prevalent in the Outaouais region. Although the risk of catching this disease is usually low in the region, it is higher in the Pontiac sector, where about one out of five ticks (20%) carries Lyme disease.

Lyme disease can have impacts on some people's health and quality of life. Simple preventive measures can make all the difference.

We encourage you to read the information brochure on the website of the Ministry of Health and Social Services: <http://publications.msss.gouv.qc.ca/msss/en/document-002086/>

In it, you'll find tips for protecting your family from tick bites and recommendations to follow if your child or a family member gets bitten by a tick.

For more information about Lyme disease, its symptoms, the way to treat it and other advice, visit <https://www.quebec.ca/en/health/health-issues/a-z/lyme-disease/>



Dr. Camille Paquette
Specialist in Public Health and Preventive Medicine