

Protocol ALEX Adventure (Shawville)

Things to do before leaving:

- **FILL OUT MAP IN FRONT ENTRANCE with CELL NUMBER**
- Make sure your cell phone sound is on before leaving the daycare and at the time of the activity you can hear an incoming call.
- Children have gone to the washroom.
- Children and adults are well dressed: bottom elastic of pants over boots, neck well hidden, coat hood if necessary for winter. Mesh hat for summer.
- Depending on age group, children can bring a backpack that can hold: water bottle, work/play tool.
- The adult must have a backpack containing: a cell phone with neck case (not in backpack) and an updated emergency phone numbers for the children and colleague, water bottle for drinking or rinsing a wound, first-aid kit, gloves, kleenex, plastic bags, small blue tarp, camera, book/image for children, notebook and pencil for the adult, toilet paper for toilet, wagon if necessary.
- Educators are aware of the children's attendance of the day, do regular head count at different times, scans area for dangerous or unsafe areas or items, have a good communication with all staff, supervision of different areas, discuss lunch time with cook, if necessary.
- If director is absent inform the cook to answer the phone, in case of any incident on the adventure.

In the event of an incident:

- Refer to the basic principles of 1st aid training: Ensure your safety first, then the others; children and/or adults before taking any action.
 - Is it safe for me? Take the time to properly assess the situation/adult/child. Is it necessary to move the injured person immediately?
- Just like a 911 call; you must clearly and precisely express to your co-workers the situation and the needs involved.
- If you need to transport a child, think of the black sled or wagon.
- In the *event of a serious incident*, all groups must return to the daycare to help with the ratio. It's important to have good communication between each other.
- It's important to have good communication once you arrive at the ECC (outside or inside) to make sure which adult is in charge of which children/group.
- If absent, contact the general manager (or assistant director, if necessary).
- The educator present at the event calls the parent themselves, as she has the most details to give about the situation.

Tick Information

Since ticks can be carried by birds, they can be found in almost all regions of Quebec. However, not all ticks carry the bacteria. The only species that can transmit Lyme disease in Quebec and northeastern North America is the *Ixodes scapularis* tick, also known as the "deer tick" or "blacklegged tick".

Lyme disease is only transmitted through the bite of a tick that carries the bacterium *Borrelia burgdorferi*. Following a tick bite, the risk of developing Lyme disease is very low if the tick remains attached to the skin for less than 24 hours, even if you have been bitten in one of the high-risk areas. However, this risk increases if the tick remains attached for a longer period of time. It is therefore important to remove the tick from the skin as quickly as possible.

Description of the tick



- The *Ixodes scapularis* tick lives mainly in moist areas such as forests, woodlots, tall grass, gardens, landscaping and leaf litter.
- Ticks do not jump, fly or drop from a high surface (e.g., a branch). They can, however, latch onto you or your pet when you are in contact with plants in a garden, landscaping, forests, woodlots, and tall grass.

Preventive measures

Although preventive treatment can be given after a tick bite in certain areas and under certain conditions, here are some precautions to take between the months of May and November to avoid such a scenario:

- Wear a hat, closed-toe shoes and long clothing.
- Tuck your sweater into your pants and the bottom of your pants into your socks or boots.
- Wear light-coloured clothing when walking. Light colors make ticks more visible.
- Use insect repellent on exposed parts of your body, avoiding the face. Be sure to follow the instructions for using insect repellents.
- When hiking, it is best to walk on trails and avoid tall grass.
- Cut tall grass and brush around your home and mow your lawn, especially near children's play areas.
- Remove dead leaves, brush and weeds from the lawn and the edge of wood stores and sheds.
- Construct wood chip or gravel paths between wooded areas and lawns, patios, and play areas. Trails should be at least 3 metres wide;
- Set up play areas away from trees, in a sunny spot;
- Stack the wood carefully, in a sheltered and dry place. This can keep rodents away, which attract ticks. Clear your yard of old furniture and accessories.

Inspection

- Take advantage of bath time to examine your child: groin, belly button, armpits, inside or around the ears, back of the knees, lower buttocks, lower back, and scalp.
- Examine equipment (backpack, coat, etc.). This precaution is to avoid introducing a tick into your home, where it could bite someone or a pet;
- Pets that go outside can also bring ticks back into the house.

Preventive treatment

If a tick is attached to the skin, remove it by following the steps on **“Removing a tick from a bite | Government of Quebec (quebec.ca)”**. Store the tick in a closed container, note the date and place you were when you were bitten, then call Info-Santé 811. The nurse will let you know if you need to see a health care professional. Depending on the assessment of the situation, you may be prescribed an antibiotic to give you a new dose of the disease. If symptoms are seen within a month of a bite, such as redness at the site of the bite, fever, headache, fatigue, and stiff neck, seek medical attention.

Find out more

- Endemic areas in Quebec: [Diseases transmitted by ticks | Institut national de santé publique du Québec \(inspq.qc.ca\)](#)

- Lyme disease: [Lyme disease | Gouvernement du Québec \(quebec.ca\)](#)

Status of the ECC (Luskville/Shawville) for the period from May to November 2023

- 2 children each had a tick on 75 children.
- A first child at the beginning of summer (in June). After discussion with the parent, it was not possible to determine where the tick could have come from. At the ECC, no activities in the forest had been carried out during the 5 days of the same week. The child was given preventive treatment by a pharmacist.
- A second child at the end of the summer (in August). After discussion with the parent, it was not possible to determine exactly where the tick could have come from. On the other hand, at home, pets go outside. At the ECC, no activities in the forest had been carried out during the 5 days of the same week. No treatment was given.
- In both situations, no other child at the ECC had a tick in the same periods.

In conclusion

- Based on the information given above, it is impossible to have a 0 risk for ticks.
- In the event that a child is bitten by a tick, a team member cannot remove a tick. The parent will then be contacted as soon as possible.
- Children must have a hat and shoes ideally closed at all times.
- It will be the choice of the parent to decide to dress their child: long clothes, and light-coloured clothes.
- The ECC will make sure that the child tucks his sweater into his pants and the bottom of the pants into his socks (if he is wearing long pants).
- It will be the parent's choice to decide to apply insect repellent (in the parking lot before arrival) to the exposed parts of the body (without clothing), avoiding the face.
- The ECC will continue to carefully choose the most suitable trails and playgrounds for the season and to teach children about the risks that nature can bring.
- It is important to pay special attention to your child's body during their daily bath. This the best time to discover intruders and act within a safe time 😊