

TICKS and Lyme disease

Lyme disease is now an endemic in Quebec and with the number of cases rising, we'd like to provide some important information about ticks and how they relate to golf.

Main points:

Where are ticks found on the golf course?

Ticks are most often found in tall grass, woods and naturalized area

When are ticks active?

If it's warm enough to be out playing golf, it's a good bet that ticks are active on your golf course too.

How can golfers protect themselves from ticks?

- Apply EPA-approved tick repellents, such as those containing DEET, to help deter ticks.
- Minimize the time you spend in tall grass or wooded areas.
- Take a shower after your round.
- Keep a tick removal tool in your golf bag



In summary...

Use repellents, wear the right kind of clothing, and perform regular tick checks after you play. Staying alert and taking some basic precautions will put you in a much better position to enjoy your round and stay tick-free.

LINKS TO CONSULT:

Français...

Canada Santé publique :

<https://www.canada.ca/fr/sante-publique/services/maladies/tiques-maladies-transmises.html>

Institut national de santé publique du Québec :

<https://www.inspq.qc.ca/guide-d-identification-des-tiques-du-quebec>

English...

Canada Public Health:

<https://www.canada.ca/en/public-health/services/diseases/ticks-tick-borne-diseases>

CBC info:

<https://www.cbc.ca/news/canada/montreal/lyme-disease-quebec-rising-1.7540477>

USGA info:

<https://www.usga.org/content/usga/home-page/care/green-section-record/63/issue-08/ticks-on-the-course--answers-to-common-golfer-questions.htm>