

Physician Desk Reference Lyme Disease Post-Exposure Prophylaxis

Lyme Disease Post Exposure Prophylaxis (PEP) Criteria

PEP can be considered for asymptomatic patients if all four criteria are met:

1. Tick was attached for 24 hours or more

Do not consider PEP if tick has been identified and it is not a blacklegged tick, but do advise patient to watch for signs and symptoms for 30 days

2. Tick was safely removed within the past 72 hours

3. Tick was acquired in risk or endemic area

Areas with $\geq 20\%$ prevalence of ticks infected with *Borrelia burgdorferi* (*B. burgdorferi*)

Local risk areas include:

- Prince Edward County
- Hastings County
- Brighton
- Kingston and surrounding areas
- Brockville
- Perth-Smiths Falls and surrounding areas
- Ottawa and surrounding areas
- Rouge National Urban Park and Morningside Park in the Greater Toronto Area
- For additional regions, refer to Public Health Ontario Lyme Disease Map (Reference link)

4. Doxycycline is not contraindicated

Post Exposure Prophylaxis Recommendations

Adults
(not pregnant)

1 dose of doxycycline 200 mg by mouth
Advise patient to watch for signs and symptoms for 30 days.

Children
(≥ 8 yrs of age)

1 dose of doxycycline 4 mg / kg up to a maximum dose of 200 mg by mouth
Advise parent / guardian to watch for signs and symptoms for 30 days

Additional Information:

- There is insufficient evidence for the prophylactic use of other medications, such as amoxicillin, in pregnant patients or patients under the age of 8; use your clinical judgment or consult an Infectious Disease Specialist or Pediatrician.
- Advise patient / parent / guardian to watch for signs and symptoms for 30 days.

Adapted from: Health Quality Ontario. (2018) Clinical Guidance Document. Management of Tick Bites and Investigation of Early Localized Lyme Disease

<https://www.hqontario.ca/Portals/0/documents/evidence/qs-clinical-guidance-lyme-disease-en.pdf>

Public Health Ontario. (2018). Ontario Lyme Disease Risk Map 2018 - Estimated Risk Areas

<https://www.publichealthontario.ca/-/media/documents/lyme-disease-risk-area-map-2018.pdf?la=en>

Questions: Infectious and Communicable Diseases Program Intake Line 613-966-5500 ext. 349

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