



LYME DISEASE

WHAT IS LYME DISEASE?

BACTERIA SPREAD BY THE DEER TICK (*Ixodes scapularis*) CAUSES LYME DISEASE. LYME DISEASE CAN CAUSE SYMPTOMS AFFECTING THE SKIN, NERVOUS SYSTEM, HEART AND/OR JOINTS OF THE BODY OF AN INDIVIDUAL.

WHO GETS LYME DISEASE?

LYME DISEASE CAN AFFECT PEOPLE OF ANY AGE. PEOPLE WHO SPEND TIME IN GRASSY AND WOODED AREAS ARE MORE LIKELY TO GET BITTEN. TICKS CAN BE ACTIVE ANY TIME THE TEMPERATURE IS ABOVE FREEZING.

HOW IS LYME DISEASE TRANSMITTED?

LYME DISEASE IS NOT SPREAD FROM ONE PERSON TO ANOTHER. NOT ALL DEER TICKS ARE INFECTED WITH THE BACTERIA THAT CAUSE LYME DISEASE. TICKS CAN BECOME INFECTED IF THEY FEED ON SMALL ANIMALS THAT ARE INFECTED. THE DISEASE CAN BE SPREAD WHEN AN INFECTED TICK BITES A PERSON AND STAYS ATTACHED FOR A PERIOD OF TIME. IN MOST CASES, THE TICK MUST BE ATTACHED FOR 36 HOURS OR MORE BEFORE THE BACTERIA CAN BE TRANSMITTED.

WHAT ARE THE SYMPTOMS OF LYME DISEASE?

FOR MOST PEOPLE A RASH THAT LOOKS LIKE A BULL'S EYE, APPEARS AND EXPANDS NEAR THE SITE OF THE BITE. SOMETIMES, MULTIPLE RASH SITES APPEAR. EARLY SYMPTOMS INCLUDE CHILLS AND FEVER, HEADACHE, TIREDNESS, STIFF NECK, MUSCLE AND/OR JOINT PAIN, AND SWOLLEN GLANDS. LATER SYMPTOMS INCLUDE A TINGLING OR NUMBNESS IN THE ARMS AND LEGS, OR LOSS OF FACIAL MOVEMENT. THE MOST SEVERE SYMPTOMS OF LYME DISEASE MAY NOT APPEAR UNTIL WEEKS, MONTHS OR YEARS AFTER THE TICK BITE. THESE CAN INCLUDE SEVERE HEADACHES, PAINFUL ARTHRITIS, SWELLING OF THE JOINTS, AND HEART AND CENTRAL NERVOUS SYSTEM PROBLEMS.

WHEN DO SYMPTOMS APPEAR?

EARLY SYMPTOMS USUALLY APPEAR WITHIN THREE TO 30 DAYS AFTER THE BITE OF AN INFECTED TICK.

DOES PAST INFECTION WITH LYME DISEASE MAKE A PERSON IMMUNE?

A PERSON MAY BECOME REINFECTED IF BITTEN LATER BY ANOTHER INFECTED TICK EVEN AFTER THEY HAVE BEEN TREATED SUCCESSFULLY.

WHAT IS THE TREATMENT FOR LYME DISEASE?

MEDICATION IS GIVEN AND USUALLY RESULTS IN A FULL CURE.

WHAT CAN BE DONE TO PREVENT LYME DISEASE?

WHEN IN TICK-INFESTED HABITATS - WOODED AND GRASSY AREAS - TAKE SPECIAL PRECAUTIONS TO PREVENT TICK BITES, SUCH AS WEARING LIGHT-COLORED CLOTHING FOR EASY TICK DISCOVERY AND TUCKING PANTS INTO SOCKS AND SHIRT INTO PANTS. CHECK AFTER EVERY TWO TO THREE HOURS OF OUTDOOR ACTIVITY FOR TICKS ON CLOTHING OR SKIN. BRUSH OFF ANY TICKS ON CLOTHING BEFORE SKIN ATTACHMENT OCCURS. REPELLENTS CAN BE EFFECTIVE AT REDUCING BITES FROM TICKS THAT CAN TRANSMIT DISEASE.