

# Lyme Disease



**Symptoms:** Rash - often shaped like a bull's-eye, fever, chills, headache, fatigue, muscle aches, joint swelling and pain, facial droop, heart palpitations/irregular heart beat, confusion. Symptoms may appear from a few days to 3 months or more after exposure.

**Transmission:** Spread through the bite of infected ticks. *Immature ticks called nymphs, (the size of a poppy seed), infect most humans because they go undetected.*

**Diagnosis:** Clinical suspicion and a blood test - may be negative if done too early. If negative, repeat testing should be done 2-4 weeks after the 1<sup>st</sup> test.

**Treatment:** Antibiotics such as Doxycycline

**Prevention:** Avoid tick bites - avoid wooded brushy areas with high grass and leaf litter; walk in the center of trails; wear light colored clothing treated with 0.5% permethrin; use EPA-registered insect repellents containing DEET, picaridin, IR3535, oil of lemon eucalyptus, para-menthane-diol or 2-undecanone.



facial paralysis



bull's eye rash on back



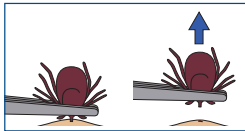
arthritic knee

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## How to remove a tick:

- Use fine-tipped tweezers; grasp tick as close to the skin's surface as possible
- Pull upward with steady, even pressure - don't squeeze, twist or jerk the tick
- Clean the bite area and your hands with rubbing alcohol or soap and water
- Dispose of a live tick by putting it in alcohol, a sealed bag/container, or wrap tightly in tape



Infected nymphs infect most humans

Blacklegged tick (*Ixodes scapularis*)



*If rash develops, use ruled edge below to measure rash in inches at largest diameter*

