

## Fast Facts

### Lyme Disease

- An infection caused by bacteria (*Borrelia burgdorferi* or *Borrelia mayonii*)
- Transmitted to people through the bite from an infected black-legged tick (deer tick)
  - Tick must be attached for at least 36 to 48 hours to transmit bacteria
- Not all tick bites transmit Lyme disease or any other type of infection
  - Ticks can remain on your skin, but not attached for hours
  - You can get Lyme disease more than once

<i>Symptoms</i>	<i>Treatment</i>	<i>Prevention</i>
<p>-Occur in stages</p> <p><i>First Stage:</i></p> <ul style="list-style-type: none"> <li>-When tick initially bites</li> <li>-A small, red bump that goes away after a few days (doesn't mean you have Lyme disease)</li> </ul> <p><i>Second Stage:</i></p> <ul style="list-style-type: none"> <li>-Occurs anywhere from 3-30 days after you've been bitten</li> <li>-Develop a non-painful and non-itchy rash around the bite site that expands, up to 12 inches in size, over the next several days (the center of the rash clears, so it looks like a bulls-eye) and is warm to the touch</li> <li>-Other symptoms rash on other parts of the body, fever, chills, body aches, headache, neck stiffness and swollen lymph nodes</li> </ul> <p><i>Third Stage:</i></p> <ul style="list-style-type: none"> <li>-If you don't seek treatment after having second stage symptoms, you might have a return of the rash on your body, joint pain or neurological problems, like meningitis, muscle weakness, or temporary paralysis of your face, in the weeks to months following</li> </ul>	<ul style="list-style-type: none"> <li>-Remove the tick by using tweezers to gently grab the tick near its head (the part attached under your skin) and gently pulling backward</li> <li>-Don't crush, squeeze or rotate the tick because this can cause the body to detach from the head, which can still transmit the bacteria if it's left behind</li> <li>-Wash the area with soap and water</li> <li>-Monitor area for any signs of rash or you develop any of the other symptoms</li> <li>-Oral antibiotics if you don't have any neurological symptoms</li> <li>-Intravenous (IV) antibiotics if you do have neurological symptoms</li> </ul> <p><i>Post-Lyme disease syndrome:</i></p> <ul style="list-style-type: none"> <li>-Continuing to experience the symptoms after taking antibiotics</li> <li>-Reason for it unknown</li> <li>-Taking more antibiotics doesn't make them go away</li> <li>-Goes away on their own over time</li> </ul>	<ul style="list-style-type: none"> <li>-Wear long sleeves and pants (it's a good idea to tuck your pants into your socks)</li> <li>-Avoid walking in tall weeds/grass or low bushes</li> <li>-Keep pets on a leash to prevent them from wandering</li> <li>-Use insect repellent with at least 20% DEET</li> <li>-Tick-proof yard by removing brush and leaves and keeping your lawn short</li> <li>-Check yourself, children and pets for any ticks after being outside</li> <li>-Shower soon after coming inside</li> </ul>

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