

LYME DISEASE

Lyme disease is an infection caused by a bacterium, which is spread to people through the bite of several types of ticks



WHERE DOES LYME DISEASE OCCUR?

In the United States, most infections occur in the following areas

- Eastern states, primarily New England and the mid-Atlantic
- Northern Midwestern states, especially in Wisconsin, Minnesota, and the Great Lakes region
- West Coast, particularly northern California and less commonly, Oregon and Washington



HOW DO PEOPLE GET LYME DISEASE?

Ticks need to be **attached for 36 to 48 hours** before they can transmit Lyme disease bacteria

Nymphs (Tiny Ticks)

- Most people are infected through the bites of immature ticks called nymphs
- Nymphs are tiny and difficult to see
- They most commonly bite during spring and summer

Adult ticks

- Adult ticks are much larger and are more likely to be discovered and removed
- Adult ticks most commonly bite during the fall

SYMPTOMS:

- A characteristic skin rash, called **erythema migrans**
 - Reddish or purple colored rash that usually appears 3-14 days after the bite of an infected tick
- Fatigue
- Chills and fever
- Headache
- Muscle and Joint Pain
- Swollen lymph nodes

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TREATMENT

- People treated with antibiotics for early Lyme disease usually recover rapidly and completely



TESTING

The most common tests for Lyme disease are blood tests that detect antibodies produced by the body in response to the bacteria that causes Lyme disease.

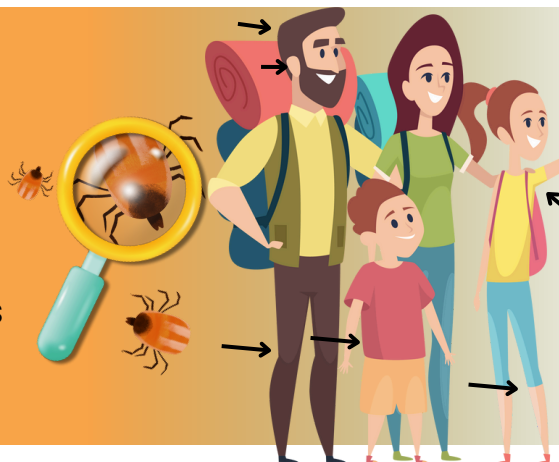
PREVENTION

Ticks live in grassy, brushy, or wooded areas, or even on animals, so spending time outside **camping, gardening, or hunting** will bring you in close contact with ticks. Protect yourself, your family, and your pets. Here's how:



KNOW WHERE TO CHECK FOR TICKS!

- In and around the hair
- Under the arms
- Around the waist
- Back of the knees
- In and around the ears
- Inside the belly button
- Between the legs



Showers as soon as possible after spending time outdoors

Wear clothing treated with 0.5% permethrin

Use EPA Registered repellent

Source: www.cdc.gov/lyme/resources/brochure/lymediseasebrochure-P.pdf



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