

LYME DISEASE

What is Lyme Disease?

Lyme disease is an infectious disease transmitted by the bite of a Western black-legged tick. All life stages feed by imbedding their mouthparts into the skin of a host and taking a blood meal.

Protecting yourself from tick bites:

Use an EPA-registered insect repellent with an active ingredient of at least 20% DEET

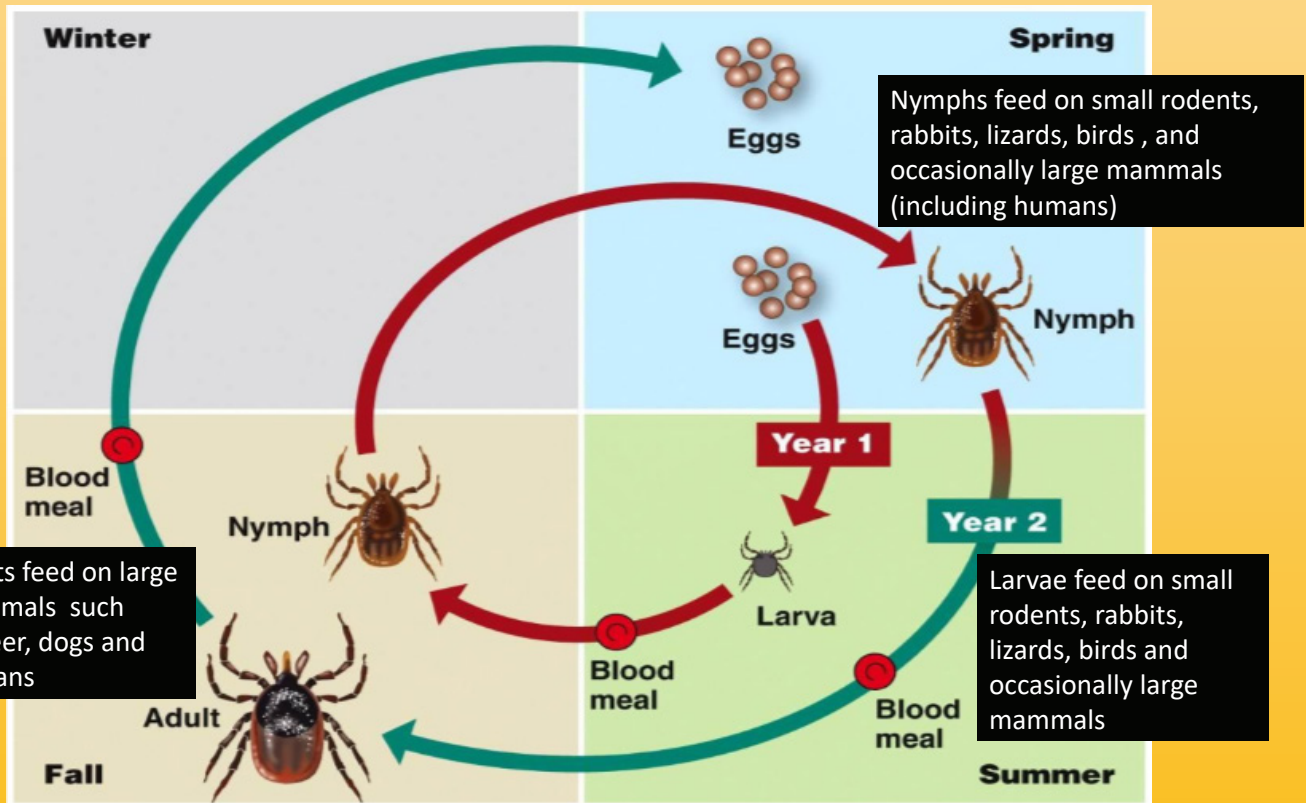


Wear clothing treated with 0.5% permethrin to kill ticks

Avoid contact with ticks while in areas where ticks may be present. See diagram.



Life Cycle of Western Black-Legged Tick



After returning from an area where ticks may be present:

1. Thoroughly check yourself and others (including pets) for ticks for up to four (4) days
2. Shower as soon as possible
3. Place worn clothes in hot dryer for at least 10 minutes to kill any ticks



What do you do if you think you have Lyme Disease?

Early recognition of Lyme disease is important. If you find a tick attached to your skin, or if you were in an area where ticks are known to occur and develop any of the symptoms listed in this bulletin, consult your physician.

Symptoms - Early Lyme Disease



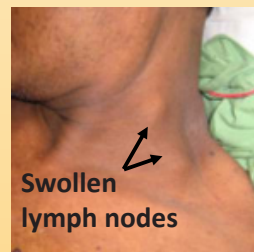
Fatigue



Fever, chills,
& headache



Neck Stiffness



Swollen
lymph nodes



Muscle and joint pain

Erythema migrans (EM) is a usually painless, red, blotchy, circular, expanding rash that may grow to several inches in diameter and clears centrally, producing a ring-like appearance. It appears 3-30 days after being bitten by infected tick and may be accompanied by flu-like symptoms.



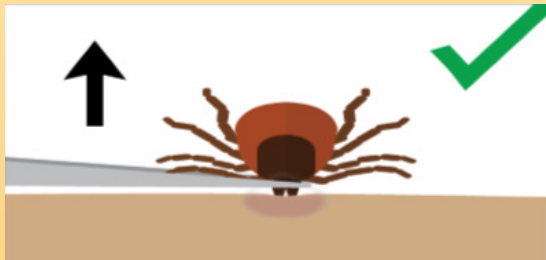
Erythema migrans (EM)

What to do if you have a tick on you:

Brush tick off if not attached to skin.

If tick is attached to skin:

- A) Remove tick with tweezers

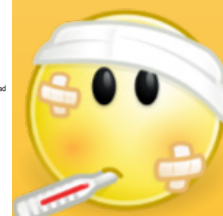
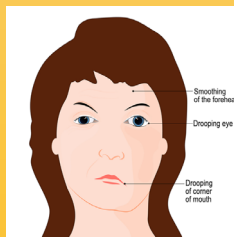


- B) Wash bite area and hands with soap and water
C) Apply antiseptic to bite site
D) Consult your physician if you are concerned about Lyme Disease

Symptoms - Late Lyme Disease

Some symptoms and signs of untreated Lyme disease may not appear until weeks, months, or years after a tick bite:

- Arthritis is most likely to appear as brief bouts of pain and swelling, usually in one or more large joints, especially the knees.
- Nervous system abnormalities can include numbness, tingling and burning sensation in arms and legs, Bell's palsy (paralysis of the facial muscles, usually on one side), and meningitis (fever, stiff neck, and severe headache).
- Less frequently, irregularities of the heart rhythm occur.



Note: In some persons the rash never occurs; in some, the first and only sign of Lyme disease is arthritis, and in others, nervous system problems are the only evidence of Lyme disease.

For more information call (888) 722-4234
or visit www.rivcoeh.org