

TICK AND LYME DISEASE INFORMATION

Lyme disease is caused by the bacterium *Borrelia Burdorferi* transmitted through the bite of an infected black legged tick (deer tick). Ticks may be co-infected with *A. phagocytophilum* - the cause of Human Granulocytic Anaplasmosis (HGA).

PREVENTION:

- Use insect repellent: 20-30% Deet on exposed skin, 0.5% Premethrin on clothing
- Shower within 2 hours of coming indoors to wash off crawling ticks
- Check all of your skin after showering (will require a mirror)
- Examine your pets and gear after coming indoors

REMOVAL OF TICKS:

- Use fine tipped tweezers to grasp tick as close to skin as possible
- Pull upward with steady even pressure
- If the head is left behind try to remove it with tweezers. If it cannot be removed, leave it be and let it come out naturally
- Clean bite area with alcohol or soap and water
- Dispose of tick by wrapping it in tape, smothering it in alcohol, or flushing it down the toilet

PROPHYLACTIC TREATMENT FOR LYME:

- Tick must be attached for ≥ 36 hours for transmission to occur
- It is helpful to know when you were exposed
- If not certain of when exposure occurred, look to see if tick is engorged
- Treatment should be within 72 hours of tick removal: two 100mg tablets of doxycycline with food

SIGNS AND SYMPTOMS OF LYME DISEASE:

- A slowly expanding rash usually at site of tick bite. Appears 3-30 days (usually 5-7) after the bite. Occurs in 70-80% of people who develop Lyme.
- Other symptoms and signs are fever, fatigue, headache, multi-centered rash, facial palsy (Bell's palsy), neck ache, nerve pain, joint aches (especially knees) and palpitations

TREATMENT OF LYME DISEASE:

- Treatment with antibiotics usually successful in early Lyme disease



Example of slowly expanding rash

Example of multi-centered rash

