



LYME DISEASE



Overview

Lyme Disease occurs when an infected blacklegged tick bites a human. The bacteria can cause a wide range of symptoms so it's best to see a doctor if you begin to experience symptoms.



What are the symptoms?

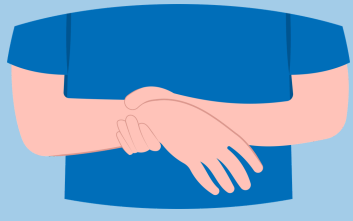
Stage 1



Rash, fever, headache, extreme tiredness, muscle/joint pain

3 - 30 days post bite

Stage 2



Weakness in face, hands, or feet, vision loss, irregular heartbeats

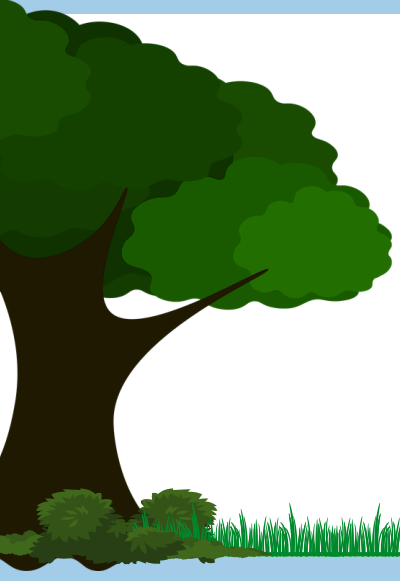
3 - 10 weeks post bite

Stage 3



Arthritis, acrodermatitis chronic atrophicans

2 - 12 months post bite



Where are ticks found?

Ticks like to hide in shady, moist, ground-level areas. However, they can also be found on tall grasses, brush, and shrubs, especially around wooded areas and old stone walls.

How do you prevent ticks?

- Treat clothes with permethrin
- Wear long pants and shirts
- Wear closed-toe shoes
- Put clothing in the dryer for 10 mins on high heat upon return
- Wear light colored clothes
- Check your entire body for ticks
- Take a shower within 2 hrs of coming inside
- Check your pets for ticks
- Walk in the center of the trail
- Examine gear for ticks



How do you remove ticks safely?

Using clean, fine-tipped tweezers, grasp the tick as close to the skin's surface as possible. Pull up with steady, even pressure. Do NOT twist or jerk, this can cause part of the tick to break off and remain in your skin. Use tweezers to remove any parts of the tick still in the skin.

