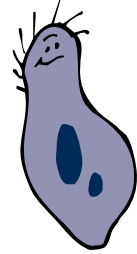


Lyme Disease



What is Lyme Disease?

- *Bitten by-** a nymph Deer Tick (tiny-size of a grape seed)
 - bite into the skin and feed on blood
 - live in fur and feathers of many birds, dogs, cats
 - early spring to late summer

- *Caused by-** spirochete *Borrelia burgdorferi*
 - after 3 to 32 days, bacteria migrate out of the skin, spread in the lymph, blood, other organs or skin sites

What are the symptoms?

- *Flulike** - fever, muscle aches, headache, sore all over, chills, stiff neck
 - red rash or crater like sores in several days, fatigue

- *Some of the diseases ticks pass to humans-** Colorado Tick Fever, Rocky Mountain Spotted Fever, relapsing fever, Lyme Disease
 - large red spot on the buttocks, trunk, armpit or thigh
 - most common problem is meningitis (infection on the lining of the brain)
 - Arthritis, knee problems in 50%

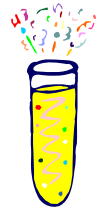


Prevention:

- *Light colored clothes, tuck in pants (into socks, shoes)**
- *DEET insect repellent to exposed skin**
- pregnant women, children need a lower concentration

-DO NOT PUT ON HANDS

- Wash off with soap and water once inside, apply antiseptic to area
- *Check regularly for ticks, take a shower, have another person check**
 - skin, scalp, genital area, around ankles
 - pull straight out with tweezers and save for tests if needed or kill



What can I do?

- *Talk to your Physician**
- *See your local Health Department**

