

PREVENTING LYME DISEASE

The purpose of this fact sheet is not to alarm but to highlight key issues concerning Lymes disease and assist you in taking safety precautions. You are provided with relevant informative websites which address some of the concerns as well as giving details of prevention and treatment.



What is is Lyme disease and how is it transmitted ?

The Lyme disease bacterium, *Borrelia burgdorferi*, is spread through the bite of infected ticks. The blacklegged tick (or deer tick, *Ixodes scapularis*) spreads the disease in the northeastern, mid-Atlantic, and north-central United States. The disease is also transmitted by mice. For more detail refer to the following websites:

<http://www.cdc.gov/lyme/stats/index.html>

<http://www.ct.gov/dph/cwp/view.asp?a=3136&q=388510>

video.nationalgeographic.com/video/.../tick_deer_lym

<http://www.bbc.co.uk/health> (lymes disease)

Take precautions. In wooded areas wear hats, shoes not sandals and tuck trousers into socks.

Use some form of insect repellent. However be aware that there are important issues concerning use of *DEET e.g. do use not use with sun block. Refer to the following websites:

<http://kidshealth.org/parent/question/general/repellent.html>

<http://www.cdc.gov/lyme/stats/index.html>

Know what to look for If ticks become embedded, save them for identification if you are anxious about the type of tick and diagnosis.

Check the body thoroughly from top to toe.

<http://www.cdc.gov/lyme/stats/index.html>

Deal with ticks safely There are different opinions. Most advise to remove the tick carefully with tweezers only (refer to CDC).





Create a safe environment at home

Don't forget to check your pets.

Check towels and clothes that have been lying on the ground.



Check for Symptoms

This picture shows a typical bull's eye rash. However a rash may not be present. Look out for viral like symptoms: headache, fever, aching joints, swollen lymph nodes.



If in doubt seek medical advice as soon as possible.

Treatment is generally given when symptoms are present, a tick is embedded for longer than 78 hours or a tick bite has become infected.

According to academic reviews the symptoms of Lyme disease often go unnoticed by General Practitioners as they present similarly to other viral illnesses. So if you have been camping or living in tick infested areas and have unexplained symptoms it is worth mentioning this to the Doctor and asking for a review.

Reference: Google scholar: Review of Lyme Disease (Adriana Marques).

**A CVS pharmacist reports that most people in the immediate area use Off! (7% DEET)*

