



## What is Lyme Disease?

- A systemic disease caused by the bacterium *Borrelia burgdorferi*. The infection is passed from the bite of a deer tick.

## What are symptoms that could occur?

- A characteristic “bull’s eye” rash 3-32 days after infected tick bite
- Early symptoms include:
  - Fever
  - Fatigue
  - Feeling sick
  - Headache, muscle aches, and joint aches
- Late symptoms in undiagnosed and untreated cases:
  - Arthritis
  - Heart involvement
  - Aseptic meningitis
  - Motor and sensory nerve inflammation, encephalitis (swelling of brain)

## How is it spread?

- By the bite of deer ticks (*Ixodes scapularis*) infected with the bacteria
- Period of greatest risk is May through July when ticks are looking for blood meals

## How is it diagnosed and treated?

- Primary care provider evaluation and sometimes laboratory confirmation
- Treatment with oral antibiotics for 3 – 4 weeks
- In later stages, long term treatment with intravenous antibiotics may be necessary

## How can it be prevented?

- Tuck pants into shoes and keep arms and legs covered while walking in wooded areas
- Wear light colored clothing when walking in wooded areas or grasslands
- Apply tick repellent containing 20-30% DEET and check for ticks after possible exposure
- If tick is present on body, follow proper directions to remove the tick
  - Grasp tick with tweezers
  - Pull gently but firmly, but try not to squeeze the body of the tick
  - Try pulling tick out without leaving mouth parts embedded in the skin
  - After removing tick, wash hands and bite area with soap and running water
  - Apply antibacterial cream to the site of the bite
  - If possible, submit any ticks collected to the Health Department for identification and testing

## Should the sick individual be isolated?

- No, but primary care provider may give information regarding restrictions

## Should facilities do special cleaning?

- Special cleaning is not necessary. Routine cleaning with EPA approved products is recommended

## If I have any other questions, whom can I contact?

- Call the Genesee County Health Department at 257-1017