

Title: All About Lyme Disease

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Date: 6/16/2009

Key words: Lyme disease, tick, prevention

Abstract: Lyme disease and tick bites are very common in Minnesota. This patient brochure discusses common features of Lyme disease, including diagnosis, treatment, and prevention.

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All About Lyme Disease

Information for Patients



http://www.cirrusimage.com/Arachnid_deer_tick.htm

What is Lyme disease?

Lyme disease is an infection caused by the bacteria, *Borrelia burgdorferi*.

How do I get Lyme disease?

The bacterium that causes Lyme disease is spread through deer tick bites. The deer tick is very small and many people don't even know that they have been bitten. The tick has to be attached to your skin for up to 36-48 hours in order to give you the bacteria.



Adult female deer tick on a penny

<http://www.entomology.wisc.edu/diaglab/05images/Deer-Tick.jpg>

When and where can I get Lyme disease?

Lyme disease is most common in late spring and summer, especially May, June, and July. Lyme disease is usually found in the Northeast and upper Midwest (New York, Connecticut, Pennsylvania, Minnesota, and Wisconsin).

What symptoms do you get with Lyme disease?

Early stages:

- Muscle aches
- Fever and chills
- Headache
- Feeling tired

▪ Bulls-eye rash

Later stages:

- Arthritis
- Muscle paralysis
- Irregular heart



Bulls-eye rash

<http://www.stefajir.cz/files/Erythema.jpg>

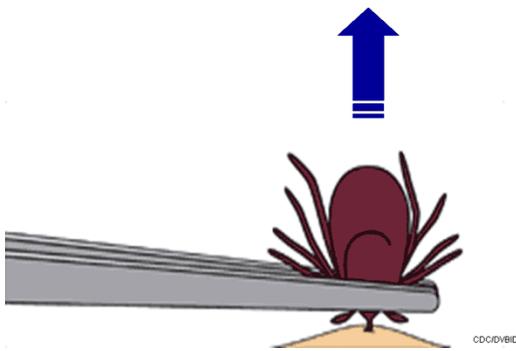
rhythm

How do you diagnose Lyme disease?

Your doctor will ask you about your signs and symptoms, do an exam and may decide to do a blood test to determine if you have Lyme disease.

Is there a treatment for Lyme disease?

Yes! If you are diagnosed with Lyme disease, your doctor will prescribe you an antibiotic for 10-14 days. This usually will cure the disease but some people may require more treatment depending on their symptoms.



http://www.cdc.gov/ncidod/dvbid/Lyme/images/TickRemoval_92107.gif

What do I do if I get bitten by a tick?

Use a tweezers to remove the tick by its head, close to your skin.

DO NOT use matches, Vaseline, nail polish or anything else on the tick as it may cause the tick to dig deeper into your skin.

How can I prevent Lyme disease?

- Wear insect repellants with DEET (20-30% for adults, 10% for kids)
- Check yourself daily for ticks after being outdoors
- Wear long pants and socks
- Spray permethrin on your clothing (do not spray on skin)

If you get bitten by a deer tick, your doctor may give you 1 dose of an antibiotic to prevent you from getting Lyme disease. This only works if you go to the doctor within 72 hours of being bitten, the tick was a deer tick (bring the tick with you if you're not sure), you live in an area where Lyme disease is common, and you aren't allergic to the antibiotic.