This document was created by a medical student enrolled in the Rural Physicians Associate Program (RPAP) at the University of Minnesota Medical School as part of the course project. The aim of the project is to present information on a medical topic in the format of a patient education handout. It does not necessarily reflect the views of the University of Minnesota Medical School physicians and faculty. These materials are provided for informational purposes only and are in no way intended to take the place of the advice and recommendations of your personal health care provider. The information provided may no longer be up to date since it has not been reviewed since the date of creation. The information provided should not be used to diagnose a health problem or disease, or as a means of determining treatment. In the event of a medical emergency, immediately contact a doctor or call 911.
How can I prevent Lyme Disease?
When outside, wear long pants and consider tucking your pants into your socks. Spray on DEET containing products. Check yourself frequently for ticks after being outside.

I found an attached tick, now I’m nervous I may have Lyme Disease, is there anything I can do?
Yes! If you found the tick less than 72 hours ago, your doctor can prescribe prophylactic antibiotics than have shown to be effective in preventing Lyme disease.

*Deer ticks are responsible for Lyme Disease.

GRAND ITASCA CLINIC
1601 Golf Course Rd
Grand Rapids MN
T: (218) 326-3401

Tyler Verworn, MS3
University of Minnesota Duluth - Medical School
RPAP
Patient Education Tool
What is Lyme Disease?
Lyme disease is caused by a bacteria called Borrelia burgdorfi.

How is Lyme Disease Spread?
Lyme disease is spread through deer tick bites. Not all ticks carry the bacteria, but those that do can transmit the disease to humans. The ticks normally have to be attached for more than 24 hours to transmit the disease.

When can I get Lyme Disease?
Lyme disease is transmitted during months when ticks are most active (April through August).

What do I do if I find tick on me?
Remove the tick with a tweezers by gripping its head. Wash area with soap and water. If the tick has been attached for more than 24 hours or is engorged with blood, you may want to contact your physician.

How do I know if I have Lyme Disease?
Your doctor can run blood tests that will help with the diagnosis.

Is there a treatment?
Yes, most people will respond to a course of antibiotics prescribed by your doctor. An unlucky few may continue to have symptoms despite treatment.

What are the symptoms of Lyme Disease?

Early Symptoms:
- Bullseye rash
- Fever
- Fatigue
- Body aches

Late Symptoms:
- Arthritis
- Heart problems
- Nerve damage
- Lyme disease is caused by a bacteria called Borrelia burgdorfi.