

Title: Concerned about a Tick Bite?

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Abstract: Lyme disease is endemic in Minnesota with most cases occurring in the summer and fall. A single 200 mg dose of doxycycline given within 72 hours after a deer tick bite can prevent the development of Lyme disease.

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CONCERNED ABOUT A TICK BITE?

What is Lyme disease?

Lyme disease is due to infection with a spirochete, *Borrelia burgdorferi*, which is carried by deer ticks.

How do I get Lyme disease?

Lyme disease has become common in the United States from Maine to Maryland, in Wisconsin, Minnesota and northern California. It is transmitted to humans by the deer tick. The tick must be attached to humans for 48-72 hours in order to pass on the infection. Humans are infected by ticks in the nymph stage 85% of the time (in spring and summer) and in the adult stage 15% of the time (fall). Only 1% of all tick bites result in a case of Lyme disease.

What are the signs and symptoms?

- You may have no symptoms
- A tick bite
- A target-shaped, migrating, possibly itching or burning rash (often beginning at the site of the bite)
- Fever and/or fatigue
- Enlarged lymph nodes or glands
- Body aches or other flu-like symptoms
- Intermittent or chronic arthritis
- Cranial nerve palsies, most commonly facial palsy

How do I know if I have it?

Visit your doctor. The most common way to diagnose Lyme disease is with an antibody detection test which involves giving a blood sample.

How is it treated?

Most cases are treated with outpatient 10 days of antibiotics (doxycycline). Patients with significant skin involvement or arthritis are often treated for 30 days. There are no activity restrictions for patients who are feeling well.

Can I prevent it?

Careful skin and hair inspection with prompt removal of ticks can prevent Lyme disease. A single dose of 200 mg doxycycline within 72 hours of removing a tick can prevent the development of Lyme disease.