

Q&A with Dr. Sean Cloonan: Lyme Disease



Lyme disease, transmitted by mosquitoes and ticks, is a bacterial illness that can cause fever, joint pain, fatigue, a skin rash and may cause nervous system complications. According to the CDC, there are approximately 20,000 to 30,000 confirmed cases of Lyme disease per year.

Protection is key. Learn how to keep yourself safe with our helpful tips from infectious disease physician Dr. Sean Cloonan.

What is the best way to protect myself and my family from Lyme disease?

There are several measures you can do to reduce your risk:

- **Use insect repellent:** Use products on clothing that contains permethrin and spray products with DEET on your skin.

- **Wear the right clothing:** When possible, wear long pants and long shirts.

- **Minimize exposure to infested areas:** This can include keeping your grass cut, removing brush and leaves.

- **Check for ticks:** examine yourself and your children for ticks after spending time outdoors. Look closely at the scalp, armpits and groin area. If you spot a tick, carefully remove it with tweezers and the exposed area should be cleansed thoroughly.

What are the symptoms of Lyme disease?

It's important to recognize the symptoms of Lyme disease. The most common, a 'bull's eye' rash, can appear one to two weeks after a tick bite. People may also experience various flu-like symptoms such as joint pain, fatigue, fever or a headache. If you notice any symptoms, make an appointment to see a doctor as soon as possible.

How is Lyme disease treated? Is there a vaccine to prevent it?

Typically, antibiotics are used to treat the disease. Treatment options also depend upon the areas of the body involved and the stage of the disease.

Currently, there is no vaccine available to prevent Lyme disease. The best weapon against the disease is prevention. Take the necessary measures to protect yourself and your loved ones.

It's important to notify your doctor as soon as possible if you notice any symptoms.

Call **(914) 723-8100** to schedule an appointment with Dr. Sean Cloonan.