



What is Lyme Disease?

Lyme disease is caused by *Borrelia burgdorferi*, a bacterium transmitted to humans when a blacklegged tick or deer tick attaches to the skin and feeds on capillary blood. Its bite is painless and transmission rarely occurs in the first 24 hours.

Signs and Symptoms

Early symptoms may mimic the flu and could include:

- Fever
- Chills
- Headache
- Fatigue
- Joint and muscle pain

Many infected people may also develop a rash. It typically is painless, does not itch and could appear anywhere on the body. Some rashes might have a 'bull's-eye' appearance.

Prevention

Lyme Disease is preventable and there are ways to reduce your risk:

- Wear insect repellent each time you go outside. Choose one that contains between 20-30% DEET.
- Use a permethrin spray your clothes. When you can, wear long-sleeved shirts and tuck your pants into your socks.
- After being outdoors, perform a thorough body tick check. Be sure to check your clothing too.
- Don't forget to protect your children and pets!

Help! I Found a Tick. What Do I Do?

If you discover a tick on your body, do not panic. The best way to remove a tick is with a pair of fine-tipped tweezers as quickly as possible. Gently grab onto the tick and pull upward. Once it's fully removed, clean the area with rubbing alcohol or soap and water. Saving the tick for identification is not necessary.

If you experience any lyme disease symptoms within the next month or so, contact your healthcare provider immediately.

