

## Lyme Disease

Lyme disease is a bacterial illness that is spread thru the bite of an infected tick and must be treated with antibiotics.

### Symptoms of Lyme Disease

- In the early phase of illness, there may be a “bull’s-eye” red rash with an expanding ring around the site of the bite
- Fatigue
- Muscle and joint stiffness and pain
- Headache
- Swollen glands
- Fever

Symptoms of the later phase of Lyme Disease can eventually include abnormal heart rhythms, heart failure, facial paralysis, meningitis, confusion, inflammation of the joints, depression and anxiety.

### Preventing Lyme Disease and Avoiding Tick Bites

Preventing Lyme Disease and tick bites starts with avoiding wooded, grassy areas, and shrubs during the months of April thru September. If venturing out to these areas, wear light colored clothing so that ticks can easily be seen and brushed off, tuck your pants into boots or socks, and apply repellent that is designed to repel ticks.

### Removing Ticks

If a tick is found to be attached, remove the tick promptly with tweezers close to the surface of the skin, pulling the tick upward with a steady even pressure. After removing the tick, clean the area and your hands with rubbing alcohol or soap and water, then apply triple antibiotic to the area. If it is possible that the tick may have been attached for 36 hours, contact your physician as antibiotic treatment should be started.

