

## Identification

If you live in an area of high prevalence and have symptoms consistent with early exposure, report your symptoms to a doctor for a more informed diagnosis.

The bull's-eye rash only appears in 70 to 80% of cases.

Individuals experiencing flu-like symptoms out of season should seek medical advice.

If you discover a deer tick attached to your skin that is not yet engorged it is unlikely that it has been there long enough to transmit the disease, however, it is advisable to be alert in case symptoms do appear.

## Diagnosis

Early diagnosis of Lyme Disease can be made based on symptoms and evidence of a tick bite, even without the appearance of a rash.

A blood test can be performed to confirm the diagnosis.

Doctors experienced in recognizing Lyme Disease will treat when symptoms are present, even without a positive test result, to prevent the development of Chronic Lyme Disease.



## Treatment

Early treatment with antibiotics usually results in full recovery.

The cure rate decreases the longer treatment is delayed, and treatment for late-Lyme patients is more difficult.

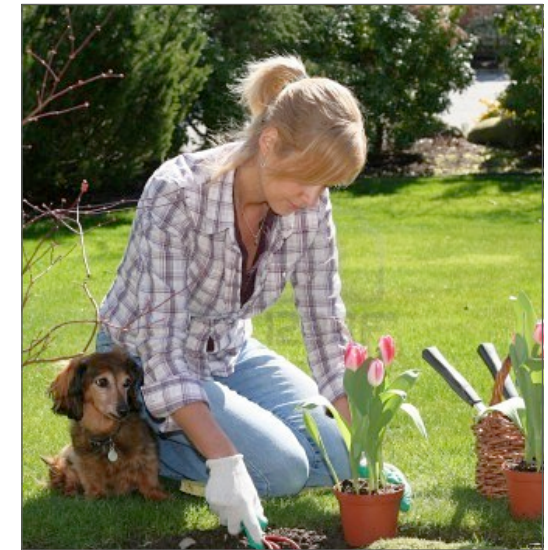
Treatment for late-stage Lyme Disease requires longer regimes of oral or IV doses of antibiotics.

Because the rate of the progression of the disease and the response to treatment varies, some patients may have symptoms that linger for months or even years following treatment.

**Prompt diagnosis and treatment are important to prevent serious illness and long-term complications!**

# LYME DISEASE

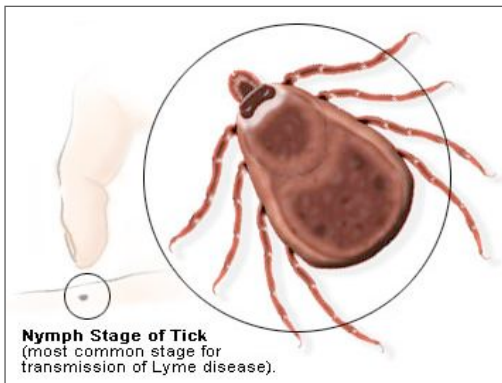
PREVENTION.  
IDENTIFICATION.  
DIAGNOSIS.  
TREATMENT.



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## WHAT IS LYME DISEASE?

Lyme Disease is a bacterial infection transmitted to humans by the bite of an infected Blacklegged deer tick.

### WHO IS AT RISK OF GETTING LYME DISEASE?

Individuals at highest risk of getting Lyme Disease are those whose activities include:

- Spending large amounts of time outdoors in tall grass, brush, shrubs, or wooded areas.
- Having pets that may carry ticks indoors.
- Participating in activities such as yard work, hiking, camping, fishing, or hunting in tick-infested areas.

## WHAT ARE THE SYMPTOMS?

- For 70 - 80% of infected individuals, the early symptoms of Lyme Disease begins with a bullseye rash.



- Flu-like symptoms also develop which may include:
  - Headache
  - Fatigue
  - Fever/Chills
  - Stiff Neck
  - Muscle Pain
  - Joint Pain
- Late or advanced symptoms include:
  - Severe Headache
  - Painful Arthritis
  - Facial Paralysis
  - Cardiac Arrhythmia
  - Disorientation
  - Numbness in extremities

**Because the bullseye rash does not always occur, it is important that individuals living in high-risk areas be vigilant of flu-like symptoms, especially during summer months when Lyme is more prevalent and flu is uncommon.**

Early identification and diagnosis of Lyme is easily cured with prompt treatment, however, if early symptoms are undetected or ignored, the disease can spread throughout the body resulting in severe, chronic, and often debilitating symptoms.

## STEPS TO PREVENT THE LYME DISEASE.

- Prevention
- Identification
- Diagnosis
- Treatment

### Prevention

The best way to prevent Lyme Disease is to avoid getting bitten by ticks.

1. Avoid areas likely to be infected with ticks. Stay on cleared paths when hiking.
2. Use repellents that contain DEET on clothes or exposed skin
3. Wear long-sleeved, light colored clothing, and tuck pants into socks or boots.
4. Inspect yourself and others (including pets) thoroughly for ticks. Favorite places for ticks are areas between the toes, backs of the knees, groin, armpits, along the hairline and behind the ears.
5. Speak to a veterinarian about products to protect pets from ticks.