SYMPTOMS OF LYME DISEASE

Lyme Disease can begin with mild flu-like symptoms, such as fever, headache, general achingness, swollen glands, extreme fatigue and possible rash. Initial symptoms may occur within a day or up to eight weeks after a bite from an infected tick. Other symptoms may include, but are not limited to:

- Severe headache
- Extreme fatigue
- Possible "bull's-eye rash"
- Stiff neck
- Fever and/or chills
- Muscle aches
- Joint pain and/or stiffness
- Swollen joints
- Swollen lymph nodes
- Numbness and/or tingling in arms and/or legs
- Facial paralysis (Bell's palsy)
- Jaw pain
- Chest pain and/or rib soreness
- Anxiety
- Depression
- Ringing in ears
- Dizziness
- Lightheadedness
- Burning in feet
- Weakness in limbs
- Forgetfulness
- Memory loss
- Difficulty concentrating
- Difficulty reading/spelling
- Disorientation
- Night sweats
- Testicular pain
- Pelvic pain
- Meningitis
- Encephalitis
- Heart palpitations

TICK FACTS

- The black-legged deer tick can transmit Lyme Disease and other tick-borne illnesses.
- Ticks do not jump, fly or fall from trees.
- Ticks are active in the winter.
- Ticks do not embed their bodies under the skin.
- The longer a tick is attached, the more likely it will transmit disease.
- Washing clothes in hot water will not kill ticks; 60 minutes in a hot dryer will get the job done

For more information visit: NoLyme.com

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WHAT IS LYME DISEASE

Lyme Disease is a bacterial infection, caused by the spirochete Borrelia burgdorferi, that is transmitted through the bite of an infected tick. Typical symptoms are "flu-like" and include fever, headache and fatigue. Some people develop a "bulls-eye" rash. If left untreated, the infection can spread to the heart, nervous system, brain, muscles and more.

Ticks often harbor other bacterial, protozoal, viral and parasitic organisms that can be transmitted through the same tick bite. Some of the most common tick-borne co-infections are: Babesia, Ehrlichia, Anaplasma, Bartonella, Rocky Mountain Spotted Fever, Tularemia, Powassan Encephalitis and Southern Tick-Associated Rash Illness.

Lyme Disease is often called "The Great Imitator." Symptoms often mimic those of many other diseases like: Multiple Sclerosis, Lupus, Rheumatoid Arthritis, Fibromyalgia, Alzheimer’s Disease, ADD/ADHD, depression, anxiety, Parkinson’s Disease, Chronic Fatigue Syndrome, Lou Gehrig’s Disease and more. There are over 150 common Lyme Disease symptoms that are core symptoms of other diseases.

Lyme Disease is a clinical diagnosis – based on your medical history, symptoms and exposure to ticks. A negative blood test result does not mean you don’t have Lyme Disease.

Black-legged deer tick

HOW TO PREVENT LYME DISEASE

Outdoor
- Avoid high grass and bushy areas as much as possible.
- Wear long-sleeved shirts and long pants to minimize tick exposure.
- Tuck your pants into your socks to create a barrier.
- Wear light-colored clothing so you can easily spot ticks.
- Use effective tick repellents on your skin (DEET) and on clothing, footwear and camping gear (Permethrin).

Indoor
- Immediately put clothing in dryer for 60 minutes, then wash clothing.
- Check for ticks, paying special attention to head, armpits and groin.
- Remove ticks immediately and properly.
- Showering within a few hours of being outside may be helpful.

HOW TO PROPERLY REMOVE A TICK

- Using fine-tipped tweezers, firmly grasp the tick close to the skin. Avoid touching the tick with your bare hands.
- With a steady motion, pull straight up until all parts of the tick are removed. DO NOT twist or jerk the tick.
- DO NOT use vaseline, nail polish, a hot match or other methods to remove a tick.
- Thoroughly wash your hands and the bite area with hot water and soap (or an alcohol based hand sanitizer if soap and water are not available).
- Apply Neosporin antibiotic ointment, rubbing alcohol or iodine to the bite area.
- Monitor your health closely over the next 30 days. If symptoms develop, contact your doctor immediately.

Facts:

Lyme Disease is the fastest growing vector-borne illness in the US. Pennsylvania ranks #1 with most diagnosed cases.

Less than 50% of people who have been infected with Lyme Disease will develop a "bulls-eye" rash.

A negative blood test result DOES NOT mean you don’t have Lyme Disease.

Fewer than 50% of people diagnosed with Lyme Disease recall being bitten by a tick.