

Lyme Disease

Lyme disease is the most common vector-borne disease in the United States. Lyme disease is caused by the bacterium *Borrelia burgdorferi* and rarely, *Borrelia mayonii*. It is transmitted to humans through the bite of infected blacklegged ticks. Typical symptoms include fever, headache, fatigue, and a characteristic skin rash called erythema migrans. If left untreated, infection can spread to joints, the heart, and the nervous system. Lyme disease is diagnosed based on symptoms, physical findings (e.g., rash), and the possibility of exposure to infected ticks.

Laboratory testing is helpful if used correctly and performed with validated methods.

Ticks can attach to any part of the human body but are often found in hard-to-see areas such as the groin, armpits, and scalp. In most cases, the tick must be attached for 36 to 48 hours or more before the Lyme disease bacterium can be transmitted.



Preventing Lyme Disease

To avoid Lyme disease:

- Stay clear of grassy or wooded areas, especially from May to July.
- Cover exposed skin and your scalp in possible tick-infested areas.
- Apply a DEET-based insect repellent to your skin.
- Apply an insect repellent with permethrin to your clothes, **but never on your skin.**
- After spending time outside, carefully inspect yourself and pets for ticks.
- Wash your skin and scalp to get rid of any loosely attached ticks.



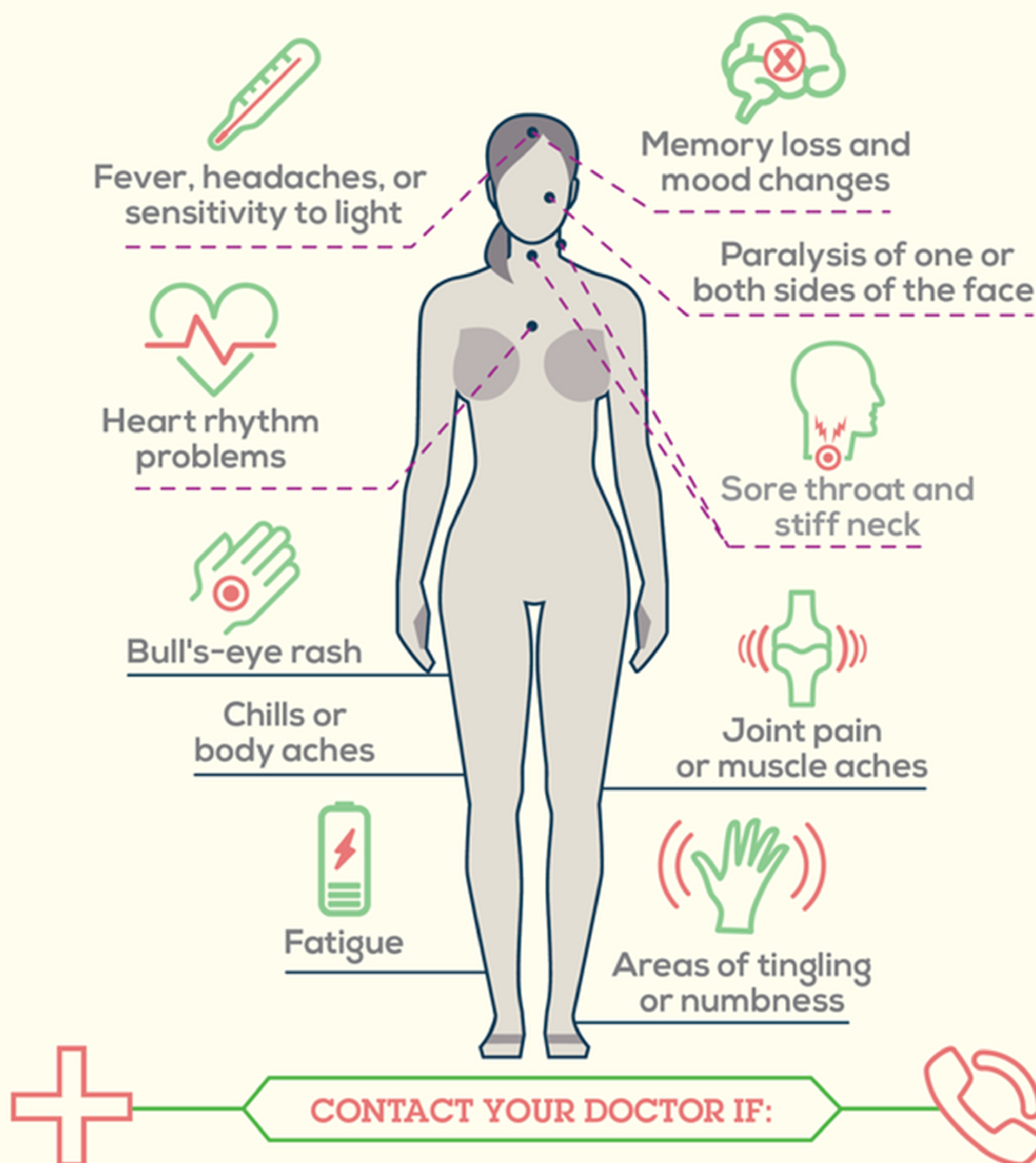
Treatment

With early-stage Lyme disease, you'll take antibiotics for about 10 days to 3 weeks. The most common ones are amoxicillin, cefuroxime and doxycycline.



SYMPTOMS OF Lyme Disease

■ Entire Body ■ Specific Areas



You think you may have Lyme disease, especially if you notice a bull's-eye rash or if you suddenly develop knee pain and swelling without previous injury or arthritis.