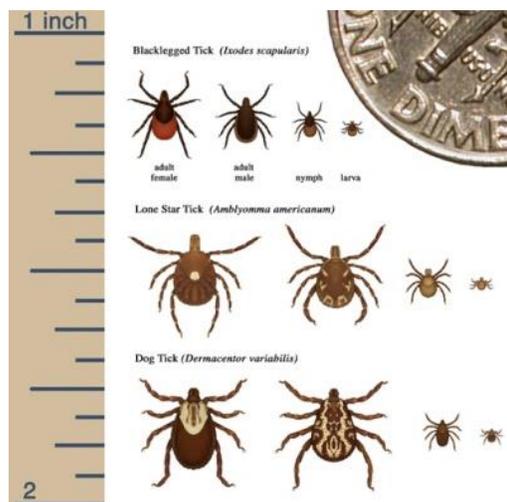
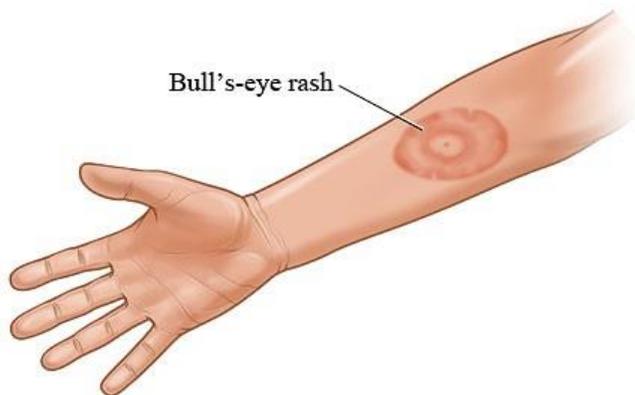




LYME DISEASE



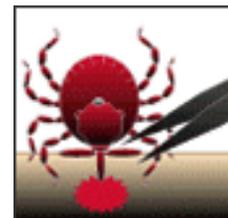
LYME DISEASE is caused by a spirochete bacterium spread primarily by a tick. Peak season is May-August, but cases occur throughout the year. Symptoms usually appear several days to several weeks after a tick or “insect” bite.



SYMPTOMS INCLUDE:

- ✓ **RASH** – the rash often has a characteristic “bull’s-eye” appearance, with a central red spot surrounded by clear skin that is ringed by an expanding red rash. Although this rash is considered typical of Lyme disease, many patients never develop it.
- ✓ **FLU-LIKE ILLNESS**
- ✓ **FATIGUE**
- ✓ **HEADACHE & STIFF NECK**
- ✓ **JOINT PAIN & SWELLING** (especially knee)

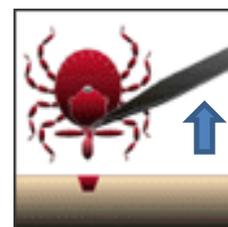
Lyme disease is treatable with antibiotics at any stage, however the earlier it is diagnosed, the easier it is to treat. If left untreated, Lyme disease can become more serious – resulting in heart, neurological & severe joint pain (arthritis problems).



Grasp the tick as close to the skin surface as possible

PROTECT YOURSELF:

- ✓ Wear long pants with the bottom tucked into socks
- ✓ Light colored clothing makes it easier to spot ticks
- ✓ Check frequently for ticks (especially after spending time outdoors)
- ✓ Remove tick by gently pulling with tweezers where tick bites the skin
- ✓ After removing the tick, thoroughly disinfect the tick site with rubbing alcohol or an antibacterial wash and then wash hands with hot water and soap.
- ✓ Record when (date) and where (on body) you were bitten
- ✓ Become familiar with the symptoms of Lyme disease
- ✓ If you develop any symptoms, contact your physician at once



Pull upward with steady, even pressure



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