

LYME DISEASE: MORE THAN A TICK BITE!

CREATED BY THE BLOOMFIELD DEPARTMENT OF HEALTH: DIVISION OF HEALTH EDUCATION

WHAT IS LYME DISEASE?

As the weather warms up and we spend more time outdoors, the risk of Lyme disease — the most common vector-borne illness in the U.S. — also increases.

Lyme disease is caused by the *Borrelia burgdorferi* bacteria, transmitted through the bite of infected **black-legged ticks** (also known as deer ticks). If left untreated, it can affect the joints—causing arthritis—as well as the nervous system and the heart, potentially leading to arrhythmias.



- **476,000 Americans** are diagnosed with Lyme Disease every year!
- Lyme disease affects people of **all ages**.



BLACK-LEGGED TICK

SYMPTOMS

EARLY SYMPTOMS

- Fever
- Chills
- Fatigue
- Headache
- Muscle and joint pain
- **Skin rash:** called erythema migrans (a red or bluish rash, often with a clear center, resembling a bull's-eye)

LATE SYMPTOMS

- Stiff neck, and facial palsy
- Nausea, and vomiting
- Heart issues and shortness of breath
- Anxiety
- Difficulty concentrating
- Arthritis



BULL'S EYE RASH

How to Stay Safe this Spring?

A few small steps can make a big difference in keeping you and your family healthy this season:

- Use EPA-registered insect repellent, and treat clothing and gear with products containing 0.5% permethrin, or wear pre-treated items.
 - Find a safe and effective option here: www.epa.gov/insect-repellents
- Stay on clear paths and trails.
- Avoid walking through tall grasses and brush where ticks live.
- Check yourself, your kids, and your pets for ticks after spending time outside.
- Take a shower after being outdoors, this helps to do a thorough tick check.



If you were bitten by a tick and suspect Lyme disease, consult your health care provider. Early diagnosis and proper treatment are important to prevent neurological, joint and heart complications.

STAY INFORMED

To **read and learn** more about Lyme Disease visit: [CDC/Lyme Disease](http://CDC/LymeDisease) or scan the QR Code right next to!

