LYME DISEASE

- What you need to know -

WHAT IS LYME DISEASE?

Lyme disease is caused by bacteria called Borrelia burgdorferi, which is spread to people and animals (like dogs and horses) through the bite of an infected blacklegged deer tick. These ticks are very small, with the adult equal to about the size of a sesame seed.
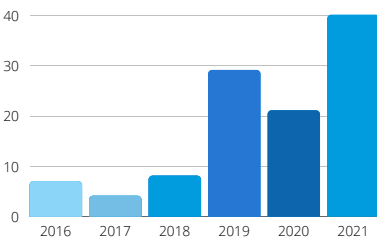
TICK BITE PREVENTION

Humans

- Use insect repellents with DEET
- Treat clothing with 0.5% Permethrin
- Tumble dry clothing after being outside
- Check for ticks daily - there may have been one you missed the day before!

Pets

- Lyme disease vaccination, topical or oral (most effective) medications for dogs
- If your pets go outdoors, make sure to check them for ticks before welcoming back inside (remove any immediately)

KNOX LYME CASES

Year	Cases
2016	7
2017	4
2018	8
2019	29
2020	21
2021	40

TICK REMOVAL
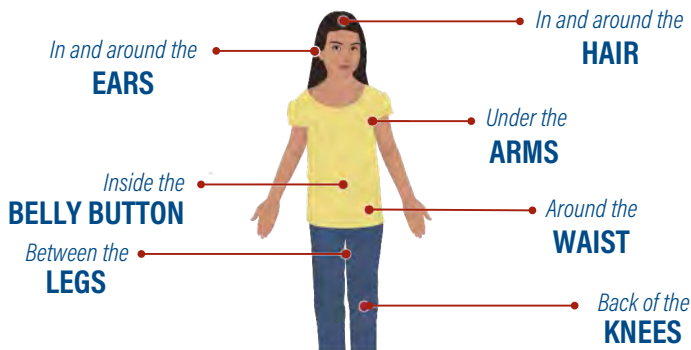

Image: CDC

- Grasp close to the skin
- Pull straight up

TICK CONTROL IN THE YARD

1. Forest & brush
2. Create a wood chip barrier
3. Keep wood piles away from the home
4. Keep patios and play sets at least 9 ft. from wood chip barrier
5. Enjoy safely within this zone
6. Plant deer-resistant crops (since deer can carry the tick that causes Lyme)
7. Keep play sets in sunny areas

Image: CDC

WHERE TO CHECK FOR TICKS

In and around the
EARS

In and around the
HAIR

Under the
ARMS

Inside the
BELLY BUTTON

Between the
LEGS

Around the
WAIST

Back of the
KNEES

Image: CDC

SIGNS & SYMPTOMS

Avoid late Lyme disease by promptly treating Lyme disease

Early Stage Lyme disease

- a characteristic skin (bullseye) rash
- fatigue
- chills and fever
- headache
- muscle and joint pain
- swollen lymph nodes

Late Stage Lyme disease

- Arthritis in one or more large joints
- Nervous system symptoms: numbness, pain, nerve paralysis, and meningitis
- Problems with memory or concentration

WHAT TO DO IF YOU THINK YOU HAVE BEEN BITTEN

Remove the tick immediately and monitor for symptoms over the next month. If any symptoms arise, call your doctor right away! *As a reminder, KPH <u>does not</u> test ticks for Lyme disease. *The best course of action is to remove a tick quickly and monitor for symptoms.*

Connect with us Online
🌐 KnoxHealth.com

Knox
PUBLIC HEALTH
PROTECT • PROMOTE • PREVENT

AEM 07/15/2022