

LYME DISEASE



WHAT IS LYME DISEASE?

Lyme Disease is an infectious disease caused by a bacterium called spirochete. Spirochete is a parasite that has the ability to hide in human cells and prevent the immune system from recognizing it as a harmful invader. The bacteria that causes Lyme disease is passed by tick bites. There are three types of ticks that most commonly are carriers of the disease, the black legged tick, the western black legged tick, and the lone star tick. It is common for people who acquire Lyme disease to not recall being bitten by the tick that infected them. This is due to the fact that ticks infect many people in the larvae and nymph stage and during these stages are often no bigger than the head of a pin.

WHAT ARE THE SYMPTOMS?

Lyme disease has many possible symptoms. People who contract Lyme disease often experience a combination of these many possible symptoms. Symptoms of Lyme disease include:

- Rash at bite site or other sites
- Unexplained fevers, sweats, or chills
- Fatigue
- Unexplained weight change
- Hair Loss
- Swollen Glands
- Sore Throat
- Soreness of joints and muscles
- Headache
- Disturbed sleep
- Confusion, difficulty in thinking
- Lightheadedness, wooziness, difficulty walking



PREVENTION AND CONTROL

Avoiding areas that are likely to contain ticks, particularly in the spring and summer, is the best method of prevention. Ticks are usually found in wooded or overgrown grassy areas that are moist, shaded, and contain vegetation. If you cannot avoid being in tick infested areas other methods of prevention include wearing light clothing which allows you to spot ticks easier. It is also a good idea to wear long sleeve shirts and pants tucked into your shoes when in these areas along with the use of insect repellent. After being in these areas you should check yourself for ticks. If you find any embedded ticks, remove them with fine tip tweezers and cleanse the area with an antiseptic. If you believe you may have been exposed to Lyme Disease, notify your supervisor immediately.