

# Lyme Disease



MOUNT AUBURN  
HOSPITAL

## What Causes Lyme Disease?

- Lyme Disease is caused by a blacklegged or deer tick bite.
- Risk of exposure is greatest in the woods and the edge between lawns and woods.

## Who is at risk for Lyme Disease?

- Anyone who was bitten by a tick that carried Lyme disease.
- The risk for Lyme Disease is the highest in the Northeast and North-Central states.
- People who work and play outdoors (hikers, golfers, landscapers, campers...) are at greater risk.

## If I have a tick will I definitely get Lyme Disease?

No. In most cases the tick must be attached for 36-48 hours before the Lyme disease bacterium can be transmitted.

## How do I remove a tick?

- If a tick is attached to you, use fine-tipped tweezers to grasp the tick at the surface of the skin.
- Pull the tick straight up and out. Don't twist or jerk the tick.
- Clean the bite and your hands with rubbing alcohol, an iodine scrub or soap and water.
- You may get a small bump or redness that goes away in 1-2 days, like a mosquito bite. This is not a sign that you have Lyme disease.



### NOTE:

**Do not put hot matches, nail polish, or petroleum jelly on the tick to try and make it pull away from your skin.**

Video demonstrating tick removal: <http://youtu.be/0wotB38WrRY>

# Protect Yourself



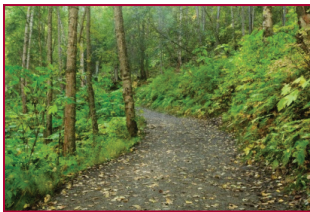
## Apply Insect Repellent

- Use a product that contains 20-30% DEET on skin and clothes.
- Follow manufacture guidelines.



## Dress to Protect

- Wear light colored shoes, long sleeves, long pants and a hat.
- Tuck shirts into pants, pants into socks.
- Wear clothing that has been treated with an insecticide called permethrin.
- Put clothes in the dryer on high heat for 60 minutes after you come indoors.



## Walk Carefully

- Avoid wooded and busy areas with high grass and leaf litter.
- Walk in the center of trails.



## Look for Ticks

- Shower as soon as you come indoors.
- Ticks are very small.
- Look for ticks on your body. Ticks can hide under the armpits, behind the knees, in the hair, and in the groin.



## Check Your Pets

- Check your pets for ticks
- Talk to your veterinarian about the best protection for your pets.



## Know When To See Your Doctor

- See a doctor if you develop a fever, rash, severe fatigue, facial paralysis or joint pain within 30 days of being bitten by a tick.
- See a doctor if you have a red circular rash at the site of the tick bite.

## Other Resources

Center for Disease Control: [www.cdc.gov/lyme](http://www.cdc.gov/lyme)

National Institute for Health: [health.nih.gov/topic/LymeDisease](http://health.nih.gov/topic/LymeDisease)