

What is Lyme Disease?



Lyme disease is caused by the bacterium *Borrelia burgdorferi*. Black legged ticks, otherwise known as deer ticks, can carry this bacterium which can be spread to humans through the bite of a tick. Ticks survive by attaching to mammals and feeding on blood.

In summer months most ticks found are immature and named nymphs. Nymphs are the size of a poppy seed and often hard to find due to their small size.



Symptoms

Symptoms may appear 3-30 days after a tick bite.

- EM (bullseye) rash. A rash may develop that starts at the site of the tick bite and may have a small circle in the middle that presents as a bullseye
- Fatigue
- Headache
- Fever/chills
- Swollen lymph nodes
- Decreased appetite

Later Stages:

- Facial palsy (loss of tone or feeling on one side of the face)
- Stiff neck
- Numbness/tingling
- Myalgia



Speak to your HCP if you develop any symptoms and have been in a high-risk area where ticks live.

Prevention

Ticks live in tall grass, wooded areas and bushes. When in these areas be sure to;

Avoiding Tick bites:

- Check yourself and pets for ticks after being outdoors
- Remove ticks immediately if found
- Shower after being outdoors
- Put clothes in the dryer for ten minutes to kill off any ticks
- Wear long, light coloured clothing with pants tucked into socks
- Applying EPA Insect repellent approved for ticks (DEET)
- Permethrin-treated clothing
- Closed toe shoes in outdoor areas

Maintain your yard:

Trimming shrubs, maintaining leaf litter and cutting grass.

Found a Tick?

eTick.ca – Send a photo in if a tick is found anywhere on you to determine if this is a type of tick that may carry disease and if it is needed to reach out to your health care provider.

Tick Removal

Pull the tick gently out using fine tipped tweezers or fingers if no tweezers are available. Grab the tick gently, as close to your skin as possible, being sure not to squeeze or crush the tick. Pull up using light pressure to remove the tick.

