

Lyme Disease and Symptoms

The bacterium responsible for Lyme disease is spread to humans through the bite of an infected tick. Early signs and symptoms include: Rash (especially in a bull's-eye pattern) and flu-like symptoms (fever, chills, body aches, and headache). Later signs and symptoms include: Joint pain and neurological problems.



While Lyme disease can usually be treated with antibiotics, **preventing tick bites is the best way of controlling this disease!**

Know where to expect ticks.

- Avoid wooded, grassy areas in moist and humid environments
- Wear long pants and long sleeves to avoid bare skin coming into contact with leaf litter, shrubs, or tall vegetation
- Clear brush and leaves around your house to tick-proof your yard

Use insect repellent when outdoors.

- Repellent should have a 20% or higher concentration of DEET

Check yourself, your children, and your pets for ticks.

- Ticks are very small—be sure to check under the armpits, behind the knees, on the scalp, in the ears, around the waist, and in the groin area
- If a tick is found, remove as soon as possible using tweezers

